

FALL 2010

SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog



SHOREVIEWS



SLICE OF SHOREVIEW JULY 23-25

Island Lake Park



NEW!

The Shoreview Commons Pavilion is turning into an outdoor theater on Friday nights in August. Enjoy watching a popular movie by moonlight with your friends, family, and neighbors.

August 6 *Cloudy with a Chance of Meatballs*

August 13 *Mamma Mia!*

August 20 *The Wizard of Oz*

August 27 *Twilight*

SHOREVIEW

Home Energy Improvement Loan

APPLY NOW!

Contemplating replacing those drafty windows?

Wishing for a new roof that doesn't leak?

Hoping to get rid of that old furnace or water heater?

Dreaming of an energy efficient home with reduced utility bills?

WE MAY HAVE THE ANSWER FOR YOU!



SHOREVIEW INTRODUCES A NEW ENERGY IMPROVEMENT LOAN PROGRAM TO QUALIFYING RESIDENTS LOOKING TO REINVEST IN THEIR HOMES:

- ✓ Loans will be offered for energy efficient home improvements such as roofs, windows and doors, and heating and cooling systems, and water heaters
- ✓ Loans will be available to income-eligible owners of single-family detached homes of certain values
- ✓ Maximum loan amount: \$20,000; minimum loan amount: \$2,000
- ✓ Accepting applications now – first come, first serve to qualifying residents!



More information available at www.shoreviewmn.gov
or call the HousingResource Center at 651.486.7401

SHOREVIEW CALENDAR

AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 City Council Meeting 7 pm, CC	3 Farmers' Market 3-7 pm, CCPL Night to Unite See page 4	4 Concert in the Commons 7 pm, SP	5 Bikeways And Trails Committee 7 pm, LC	6 Friday Night Flix See Inside Front Cover	7
8 	9 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	10 Farmers' Market 3-7 pm, CCPL Primary Election	11 Concert in the Commons 7 pm, SP	12	13 Friday Night Flix See Inside Front Cover	14 Turtleman Triathlon 8 am See page 4
Recycling Week August 8-14						
15	16 City Council Meeting 7 pm, CC	17 Economic Dev. Comm. 7:30 am, UC Farmers' Market 3-7 pm, CCPL	18 Concert in the Commons 7 pm, SP	19	20 Friday Night Flix See Inside Front Cover	21
22 	23 Environ. Quality Comm. 7 pm, CC	24 Planning Comm. 7 pm, CC Farmers' Market 3-7 pm, CCPL	25 Human Rights Comm. 7 pm, CC	26 Park And Recreation Committee 7 pm, CC	27 Friday Night Flix See Inside Front Cover	28
Recycling Week August 22-28						
29	30	31 Farmers' Market 3-7 pm, CCPL				
Free Fitness classes Aug. 30 – Sept. 12. See schedule posted at the Shoreview Community Center.						

SEPTEMBER 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Bikeways And Trails Committee 7 pm, LC	3	4
5 	6 City Hall Closed	7 City Council Meeting 7 pm, CC Farmers' Market 3-7 pm, CCPL	8	9	10	11
Recycling Week September 5-11						
12	13 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	14 Farmers' Market 3-7 pm, CCPL	15	16 Public Safety Committee 7 pm, LC	17	18
19 	20 City Council Meeting 7 pm, CC	21 Economic Dev. Comm. 7:30 am, UC Farmers' Market 3-7 pm, CCPL	22 Human Rights Comm. 7 pm, CC	23 Park And Recreation Committee 7 pm, CC	24	25
Recycling Week September 19-25						
26	27 Environ. Quality Comm. 7 pm, CC	28 Planning Comm. 7 pm, CC Farmers' Market 3-7 pm, CCPL	29	30		

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

SHOREVIEW CALENDAR

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OCTOBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park			¹	² Fall Cleanup Day Kid's Garage Sale Touch-A-Truck 9-12 pm, SCC
3 	4 City Council Meeting 7 pm, CC	5 Farmers' Market 3-7 pm, CCPL	6	7 Bikeways And Trails Committee 7 pm, LC	8	9
Recycling Week October 3-9						
10	11 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	12 Farmers' Market 3-6 pm, CCPL	13	14	15	16
17 	18 City Council Meeting 7 pm, CC	19 Economic Dev. Comm. 7:30 am, UC Farmers' Market 3-6 pm, CCPL	20	21	22	23
Recycling Week October 17-23						
24	25 Environ. Quality Comm. 7 pm, CC	26 Planning Comm. 7 pm, CC	27 Human Rights Comm. 7 pm, CC	28 Park And Recreation Committee 7 pm, CC	29	30
31						

NOVEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	¹ City Council Meeting 7 pm, CC	2	3	4 Bikeways And Trails Committee 7 pm, LC	5	6
Recycling Week October 31-November 6						
7	8 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	9	10	11 City Hall Closed	12	13
14 	15 City Council Meeting 7 pm, CC	16 Economic Dev. Comm. 7:30 am, UC	17 Human Rights Comm. 7 pm, CC	18 Public Safety Committee 7 pm, LC	19	20
Recycling Week November 14-20						
21	22 Environ. Quality Comm. 7 pm, CC	23 Planning Comm. 7 pm, CC	24	25 City Hall Closed	26 City Hall Closed	27
Free Fitness Class Week. See schedule posted at the Shoreview Community Center.						
28 	29	30				
Recycling Week November 28-Dec 4						

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

City Council

Sandy Martin, Mayor 651.490.4618
 sandymartin444@comcast.net
 Office Hours: Tuesdays 3-5 P.M.
 at City Hall

Blake Huffman 651.484.6703
 blakehuffman@comcast.net

Terry Quigley 651.484.5418
 tqigley@q.com

Ady Wickstrom 651.780.5245
 ady@adywickstrom.com

Ben Withhart 651.481.1040
 Benwithhart@yahoo.com

City of Shoreview

www.shoreviewmn.gov
 Phone 651.490.4600
 Parks & Recreation 651.490.4750
 Shoreview Comm. Center 651.490.4700

City

Terry Schwerm 651.490.4611
 City Manager tschwerm@shoreviewmn.gov

Jeanne Haapala 651.490.4621
 Finance Dir. jhaapala@shoreviewmn.gov

Tom Simonson 651.490.4612
 Assistant City Manager/Comm. Dev. Director
 tsimonson@shoreviewmn.gov

Jerry Haffeman 651.490.4751
 Parks and Recreation Director
 jhaffeman@shoreviewmn.gov

Mark Maloney 651.490.4651
 Public Works Director
 mmaloney@shoreviewmn.gov

Tower Interference 651.484.7510

Shoreview Area Library

4750 Victoria Street North
 Shoreview, MN 55126
 Phone: 651.486.2300
 www.ramsey.lib.mn.us

Federal Elected Officials

U.S. Senator Amy Klobuchar
 1200 Washington Avenue South, Suite 250
 Minneapolis, MN 55415
 Main Line: 612-727-5220
 Main Fax: 612-727-5223
 Toll Free: 1-888-224-9043

U.S. Senator Al Franken
 320 Hart Senate Office Building
 Washington, DC 20510
 DC Phone: 202-224-5641
 MN Phone: 651-221-1016
 Info@Franken.Senate.Gov

U.S. Representative Betty McCollum
 165 Western Avenue North
 Suite 17
 St. Paul, MN 55102
 651.224.9191
 www.house.gov/mccollum/contact.html

State Elected Officials

Governor Tim Pawlenty
 Minnesota State Capitol
 Room 130
 75 Rev. Martin Luther King Jr. Blvd.
 St. Paul, MN 55155
 651.296.3391
 tim.pawlenty@state.mn.us

State Senator Satveer Chaudhary-District 50
 317 State Office Building
 St. Paul, MN 55155
 651.296.4334
 Sen.satveer.chaudhary@senate.mn

State Senator Sandy Rummel-District 53
 323 Capitol Building
 St. Paul, MN 55155
 651.296.1253
 sen.sandy.rummel@senate.mn

State Senator John Marty-District 54
 323 State Office Building
 St. Paul, MN 55155
 651.296.5645
 Sen.john.marty@senate.mn

State Rep. Kate Knuth-District 50B
 429 State Office Building
 St. Paul, MN 55155
 651.296.0141
 Rep.kate.knuth@house.mn

State Rep. Paul Gardner-District 53A
 581 State Office Building
 St. Paul, MN 55155
 651.296.2907
 Rep.paul.gardner@house.mn

State Rep. Bev Scalze-District 54B
 357 State Office Building
 St. Paul, MN 55155
 651.296.7153
 Rep.bev.scalze@house.mn

County Elected Officials

Ramsey County Commissioner Tony Bennett
 City Hall-220 Courthouse
 15 W. Kellogg Boulevard
 St. Paul, MN 55102
 651.266.8350
 Tony.Bennett@co.ramsey.mn.us

Post Office

4390 McMenemy Street
 Vadnais Heights, MN 55127
 Phone: 651.481.1951

Police

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

For non-emergencies call

651.484.3366

For emergencies call 911

Fire

For emergencies call 911
Dispatch, Non-emergency
651.767.0640

Lake Johanna Fire Department
 Fire Chief, Tim Boehlke 651.481.7024

Station 1

3246 New Brighton Road
 Arden Hills, MN. 55126 651.633.0349

Station 2

4676 Hodgson Road
 North Oaks, MN. 55127 651.484.3444

Station 3 (Headquarters)

5545 Lexington Avenue North
 Shoreview MN 55126 651.481.7024

Station 4

3615 Victoria Street
 Shoreview MN 55126 651.483.0767

Ambulance & Paramedic

Ambulance and paramedic services are provided by Allina Medical Transportation.

For emergencies call 911

Hours:

Mon. 10 A.M. – 8:30 P.M.
 Tues. & Wed. 1:30 P.M. – 8:30 P.M.
 Thurs., Fri., & Sat. 10 A.M. – 5 P.M.
 Sun. noon – 5 P.M.

Animal Control

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded at the following location:

Hillcrest Animal Hospital
 1320 Highway 61
 Maplewood, MN 55109
 651.484.7211

Mon, Wed and Fri 8 A.M. – 6 P.M.
 Tues and Thurs 8 A.M. – 8 P.M.

Annual Fall Cleanup Day Set for October 2

Residents are encouraged to bring electronics, brush and tree waste, remodeling debris, appliances, tires and other household refuse not accepted by general haulers. More information will be sent out to residents by mail.

When: Saturday, October 2 from 8 A.M. – 4 P.M.

Where: Ramsey County Maintenance Center (Highway 96 and Hamline Avenue)

Yard Waste

Leaves, grass clippings, trees and other types of yard waste are banned from trash. Contact your trash hauler about pick-up service for yard waste or bring it to a Ramsey County Waste site for free.

Accepted Materials:

• Leaves • Grass Clippings • Non-Woody Plants • Trees and Shrubs (No Stumps)
Acceptable at Arden Hills or White Bear Township

April-November (weather permitting)
CLOSED LABOR DAY

Monday: 11 A.M. – 7 P.M.

Wednesday: 11 A.M. – 7 P.M.

Friday: 11 A.M. – 7 P.M.

Saturday: 9 A.M. – 5 P.M.

Sunday: 11 A.M. – 5 P.M.

December-March (weather permitting
and only the White Bear Township site)

Saturday: 9 A.M. – 5 P.M.

Sunday: 11 A.M. – 5 P.M.

For more information call 651.633.3279

Monday-Friday (8 A.M. – 5 P.M.)

Night to Unite: Tuesday, August 3

Shoreview residents are encouraged along with Ramsey County Sheriff's Department to celebrate crime prevention. This event will celebrate and strengthen neighborhood and community partnerships. It is sponsored by the Minnesota Crime Prevention Association, AA of Minnesota and local law enforcement community.

Register online at www.co.ramsey.mn.us/sheriff



You must submit a written letter of intent when planning a neighborhood block party. Shoreview participates in the Night to Unite event held at the beginning of August each year, and residents are encouraged to host block parties at this time. Block Party Permits can be obtained by calling the Shoreview Public Works Department at 651.490.4650. All permits are responded to in writing by the Public Works Department.

Ken Rome 5K Walk Run for Cardiovascular Research

Ken Rome died on March 1, 2008, of a sudden cardiac

death caused by vulnerable plaque rupture, the so-called "silent killer." His family was devastated. How could this happen to a man who was so conscientious and dedicated to physical health.

Register online at www.active.com
Search for: Ken Rome 5K

Proceeds from the Ken Rome Foundation 5K benefit the Minneapolis Heart Institute Foundation. Runners, walkers, families, children and pets are all welcomed.

Saturday, September 25

Race Begins at 9 a.m.

McCullough Park

915 County Road I

Shoreview, MN 55126



CTV Schedule

Shoreview City Council Meetings

Live: First and Third Mondays at 7 p.m.

Rebroadcasts: M, W, F, and Saturdays noon and 7 p.m.

Shoreview Planning Commission Meetings

Live: Fourth Tuesday at 7 p.m.

Rebroadcasts: T, Th and Sundays at noon, 11 a.m. and 7 p.m.

Turtleman Triathlon: Saturday, August 14, 2010

"Minnesota's Oldest Triathlon" Turtle Lake Park, Shoreview, MN

The Turtleman Triathlon strives to create a community supported, high caliber, safe event for athletes of all ages and abilities. In association with the race, we seek to give back to the local communities and promote participation in multi-sports for a healthy lifestyle.

The event is great for athletes, spectators and volunteers. Visit www.turtleman.org for more information.

Schedule of Events 2010

Thursday, Aug. 12 4PM to 6PM Gear West Triathlon, Packet Pick-up

Friday, Aug. 13 4PM to 8PM Shoreview Comm. Center, Packet Pick-up

Saturday, Aug. 14 Turtle Lake Park, Shoreview, MN

6:00 AM Transition Area Opens (All Athletes must have number on bike to enter transition area)

7:30 AM Transition Area Closes (All Athletes must be checked in)

7:45 AM Pre-Race Meeting, National Anthem

8:00 AM Open Elite Wave starts Swim

8:05 AM Relay Wave starts Swim

8:10 AM Age Group Athletes start Swim (Time Trial)

11:30 AM Awards Ceremony, followed by drawings

City Council Filing Dates

There are three council seats available for the 2010 election:

- Two-Year Mayor term
- Four-Year Council term currently held by Terry Quigley
- Four-Year Council term currently held by Ben Withhart

Interested individuals must file affidavits of candidacy for the council between August 3-August 19 at 5 p.m. The cost for filing is \$5.

Absentee Voting

State primary polls will open at 7 A.M. on Tuesday, August 10

The Minnesota primary will be held on Tuesday, August 10 from 7 a.m.-8 p.m.

The primary is an election in which voters in a jurisdiction select candidates for a subsequent election.

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Top 10 Election and Voting Questions Answered

1. When are the City Council Filing Dates:

The City has three council seats available for the 2010 election:

- Two-year Mayor term
- Four-year Council term currently held by Terry Quigley
- Four-year Council term currently held by Ben Withhart

Interested individuals must file affidavits of candidacy for the council between August 3-August 19 at 5 p.m. The cost for filing is \$5.

2. When is the State primary?

The Minnesota primary will be held on Tuesday, August 10 from 7 a.m.-8 p.m.

The primary is an election in which voters in a jurisdiction select candidates for a subsequent election.

3. When is the General Election?

The General Election is on Tuesday, November 2.

4. How can I find my precinct location?

Shoreview has seven polling places, all of which are handicapped accessible. You must vote in the precinct in which you live. Shoreview's Voting Precinct Map is available online at www.shoreviewmn.gov/pdfs/maps/voting-precincts.

5. Can I absentee vote?

You can vote by absentee ballot if you are unable to vote in person on Election day because you are:

- Away from your precinct on Election Day
- Have an illness or disability that prevents you from voting at your polling place
- Unable to vote on Election Day due to religious observance
- Serving as an election judge in a precinct other than your own

6. When does Absentee Voting begin?

Absentee Voting begins on June 25 for the primary and on September 17 for the general election.

7. How do I Absentee Vote?

1. To begin the process complete an Absentee Ballot Application, which is on our website, www.shoreviewmn.gov.
2. You can vote in person or complete the entire process by mail.
3. You must be a registered voter. If you are not, a voter registration card will be included with your ballot and must be returned.
4. In-person Absentee Voting can occur at Shoreview City Hall or at Ramsey County, located at 90 West Plato Blvd. Suite 160, St. Paul, MN 55102
5. Absentee ballots must be returned by Election Day to be counted.

Mark Your Calendar

August 3

Filing opens for candidates for City offices

August 10

State Primary Election

November 2

General Election

For more information on voting in Shoreview, visit our website. Under **Resources**, choose **Elections and Voting**.

8. Why do I have to register?

You must register if you have:

- Never voted before
- Not voted in the last four years
- Moved since last voting, or
- Changed your name since last voting

9. When can I register?

You can register at City Hall during normal business hours up to 21 days before an election. Pre-registration for the primary ends on July 20 and on October 12 for the general election. Eligible voters can also register at the polls on Election Day.

10. Where can I find more information on elections?

Ramsey County Elections

<http://www.co.ramsey.mn.us/elections/index.htm>

Minnesota Secretary of State

<http://www.sos.state.mn.us/>

Shoreview Elections

www.shoreviewmn.gov, click on **Resources**.

Be a Stormdrain Guardian!

Average resident by day, protector of water resources by night — local residents are doing heroic acts of keeping the street in front of their own houses clean. This small, seemingly inconsequential act of sweeping grass clippings and raking leaves **out of the street** has extraordinary positive impacts on nearby waters.

Why? In natural settings, phosphorus in fallen leaves is recycled back into the soil. But in urban areas, where much of the land is covered by pavement, tree leaves and grass clippings that fall or are raked into the street are carried to lakes and rivers through storm sewers. Tree leaves and grass clippings are a large

source of phosphorus, the key nutrient that turns our lakes and rivers green with algae.

Excessive algae growth looks bad, smells bad, and is no fun to swim or boat in. Steps residents can take to reduce the runoff of phosphorus that spurs algae growth are:

- Be a stormdrain guardian. Contact the Rice Creek Watershed District to obtain a kit to label your stormdrain to educate neighbors that “Clean streets=Cleaner Lakes and Creeks”
- Rake and sweep leaves and grass clippings OUT of your street and AWAY from stormdrains
- Compost leaves and grass clippings on



location or at a community yard waste collection site

- Keep shorelines vegetated

More clean water tips are available at www.cleanwatermn.org and www.bluthumb.org

Cost-Share Grants Available to Rice Creek Watershed District (RCWD) Residents

There are cost-share dollars available to help residents install “best management practices” (BMPs) that help reduce stormwater runoff and control shoreline erosion. To find out if you live within the RCWD boundaries, contact the RCWD office or visit RiceCreek.org to use the interactive district map. The RCWD’s grant program is administered by the Anoka, Ramsey and Washington Conservation Districts. Grants are for 50% of the project cost up to \$5,000.

Since the Environmental Protection Agency identifies stormwater runoff as the number one cause of water

pollution, reducing stormwater runoff by encouraging infiltration is key to keeping our lakes and rivers clean. Typical BMPs include: raingardens, stabilizing shorelines with native plants, restoring wetlands, controlling erosion or soaking in stormwater runoff with pervious or porous pavers. To find out more about BMPs to solve the runoff or erosion problem on your property, you can find more information in the Minnesota Stormwater Manual found online at <http://www.eorinc.com/resources-links.php>.

Learn more about plantings that are easy,

economical, save water, control erosion and soak up excess stormwater, by visiting the Rice Creek Watershed District’s multiple award-winning outreach program, Blue Thumb-Planting for Clean Water, at BlueThumb.org. On this site, you can find how-to videos, planting blueprints, a plant selector tool, retailers, landscapers, grant information for the entire metro area, workshops and more.

You can arrange a site visit to have a professional review your property to discuss BMP options by calling Ryan Johnson at 651.266.7275.

Transit Link Comes to Shoreview

Transit Link (formerly Dial-A-Ride) is a curb-to-curb minibus or van service that operates within certain Twin Cities communities. It is a shared-ride service, which must be reserved in advance—usually at least a day—and fares are generally under \$3. Transit Link customers can transfer to a Metro Transit bus without paying a separate fare. Ask the driver for a paratransit transfer. Please Note: Transit Link service is neighborhood-based and not intended

for commuters. Please contact the provider in your area about availability. For more information about Transit Link or for specific information about how to ride, visit www.transitlinktc.org

What it is

Public transportation where regular transit route service is not available.

- **Minibus or van service** for the general public that must be reserved in advance.
- **Curb-to-curb service**, with limited assistance. Riders may ask drivers for WWW.SHOREVIEWMN.GOV

assistance with up to four grocery-sized bags. ADA-certified passengers may ask for door-to-door assistance, but drivers are not allowed to provide any further assistance, both for their safety and for yours.

What it is not

Transit Link is not Metro Mobility service. For more information on Metro Mobility call 651.602.1111 or visit www.metro-mobility.org.

Shoreview Historical Society Hopes to Preserve Historic Gas Station

The station is a 1920's original gas station. The sheet metal structure is 12 feet long, 6 feet wide and 10 feet high. It resembles a child's playhouse with its Chinese-style roof and many paned windows. Located on the northwest intersection of Rice Street and N. Owasso Blvd, it was originally owned by Dave Guerin and boasts some storied customers including vacationing Chicago gangsters and house guests of the late Louis Hill, son of railroad baron James J. Hill of North Oaks.

Historically the building reflects the transition between four-legged and four-wheeled transport and it was vital in the development of the northern lakes communities.

When Dave's son Roy took over the business in the 1930's, it was replaced by a newer building but it remained on the site until 1978 when John Haggenmiller acquired it and moved it.

The Haggenmiller family donated the original station to the Shoreview Historical Society in 2000 with the hopes that it could be restored and placed in a public location.

As the SHS anticipates its 20th anniversary in 2011, it will explore the possibility of renovation and permanent location.



Shoreview Ahead of the Nation In Census Participation

America participated! 72 percent of households participated in the 2010 Census by mail. This is the same rate achieved in Census 2000. Shoreview residents beat the national average with an 89% participation rate. Now census takers begin the task of going door-to-door to obtain census responses in person. Open your door to the census taker. We can't move forward until you give your answers back!



FOR INFORMATION CALL 651-490-4750



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No Parking on City Streets

Vehicles may not be parked on City streets between 2-5 a.m. Permits for special circumstances, such as driveway repair, may be obtained from the City to temporarily park on the streets for a minimal period. Permits will not be issued for streets posted as "No Parking" unless a Special Events Permit is acquired. Please call 651.490.4650 to request a permit.

City Streets and Trails Maps Available

Enjoy our community, get out and discover the trails of Shoreview. If you would like a City Streets and Trail map, contact Gene Kruckenberg, Environmental Officer, at 651.490.4665 or e-mail gkruckenberg@shoreviewmn.gov

Minnesota Metro North Tourism Update

The Minnesota Metro North Tourism, a new regional convention and tourism bureau, expects to lure several communities east of the Mississippi River into its ranks. In December 2008, the following cities exercised options to leave Visit Minneapolis North CVB: Anoka, Blaine, Coon Rapids, Ham Lake, Mounds View, Shoreview and Fridley. According to proposed by-laws of the replacement CVB, these cities will become members of Minnesota Metro North in 2010.

Lino Lakes and New Brighton are two other cities considering joining the proposed 19-member Minnesota Metro North Tourism Board of Directors. Each city would have at least one board member and must authorize a lodging tax.

Self-guided Tour Spotlights Landscaping for Clean Water

Spend an afternoon this summer touring shoreline buffers, rain gardens and habitat gardens in our local area.

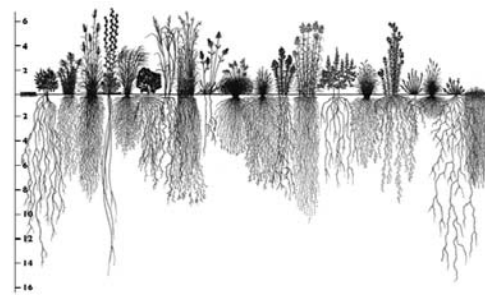
You'll see beautiful gardens that clean storm-water runoff, plus buffers that prevent shoreline erosion while they keep geese from invading the yard. You'll also find information on cost-share programs that may help you finance similar improvements.

This free, self-guided Shoreview Green Community Awards Tour will take place from 12:30 to 5 p.m. Saturday and Sunday, July 31 and Aug. 1. Tour stops will include residential yards in Shoreview and the Grass Lake Watershed portion of Roseville. A Shoreview church will be on the tour as well.

Tour properties are winners of a Shoreview Green Community Award, in 2010 or a previous year.

Maps will be available at the Shoreview Green Community booth at Slice of Shoreview, the Shoreview Community Center and the Roseville City Hall. Or go online to www.shoreviewmn.gov. Note that each site will be on the tour one day only.

Shoreview Green Community Awards are sponsored by the City of Shoreview Environmental Quality Committee, with assistance from the Shoreview Green Community and the Sierra Club North Star Chapter.



Native plants are essential to rain gardens and shoreline buffers: Their long roots send polluted runoff deep into the soil, where it is cleaned before entering lakes and streams. These roots also prevent erosion of lake and stream shorelines. In this illustration, turf grass is at far left, and all other plants are native species. The scale is in feet.

Illustration courtesy of the Natural Resources Conservation Service.

Shoreview Community Foundation Makes First Grants



The first grants awarded by the Shoreview Community Foundation will sponsor the 2010-11 Volunteer Service Club at Mounds View High School and provide partial support for a community band festival at Commons Park. These grants are the result of the generous contributions to the permanent endowment fund from Shoreview residents, businesses, civic organizations and friends of Shoreview. The Foundation has received over \$85,000 in contributions since its creation in 2008.

The Volunteer Service Club at Mounds View High School receives \$3,300 to help pay for a faculty advisor and pay for program-related costs. Students who accumulate at least 150 hours of service receive a letter from the High School. Students earn their hours by participating in volunteer projects such as loading trucks at Bridging, Inc., Ralph Reeder Food Shelf, senior chore services and

other service projects. The grant is a partnership between the high school and the Community Education Office of the Mounds View School District.

The Community Band Festival, sponsored by the Shoreview Northern Lights Variety Band, is supported by a grant of \$1,000. The Festival features four community bands, including Shoreview's Variety Band. It is held on Sunday, July 18, 12:00 to 5:00 PM at the Pavilion in Shoreview's Commons Park, behind the Community Center. The Festival is a cultural, community gathering that promotes musical and social exchange among citizens and community bands. Each band performs for 45 minutes and the Festival culminates with a performance by an ensemble of all the musicians.

The Shoreview Community Foundation provides grants to maintain, enhance and enrich the quality of life in Shoreview. Focus areas currently are: arts and cultural activities; recreational places such as parks, trails, open space, wetlands and woodlands; education and leadership development; preservation of history; and social and human services.

Requests for next year's grants will be sought early in 2011. Grant decisions

are made by an advisory board composed of 12 individuals who have committed themselves to Shoreview over the years. The Saint Paul Foundation provides guidance on grant-making and handles money management and investment services.

You can support the Foundation by making a donation, remembering the Foundation in your will, establishing a fund in memory of a loved one or considering a planned gift to the Foundation as part of your overall estate planning. All donations are tax deductible charitable contributions.

Potential donors and grantees can obtain additional information by visiting the Foundation's website at www.ShoreviewCommunityFoundation.org.

Shoreview Band Festival

The Shoreview Northern Lights Variety Band used their grant from the Community Foundation to host a Band Festival on Sunday, July 18. Appearances were made by Medalist Concert Band, Plymouth Community Band, Robbinsdale City Band and the Shoreview Northern Lights Variety Band.

Gallery 96 Art Center

Spring 2010 Exhibition

Gallery 96 held its Spring exhibition at the Shoreview branch of the Ramsey County Library during the month of May. The theme for the show was "It's About Light." The exhibition opened with an artist reception on Friday, May 7th and the following artists were awarded cash prizes of \$100 each: Sandra Bestland, David Bjorkquist, Jen Dolen, Julie Freeland, Arleene Green, Jenifer Kramer, A.J. Olmscheid and Wayne Sisel.



See the Gallery 96 website for more details and photos of the winning artworks.

Fall 2010 Exhibition

Gallery 96 will be holding a "Member's Choice" exhibit this fall at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street during the month of November. The show will be juried for prizes but each paid member of Gallery 96 will be invited to submit one, and only one, piece of art and all pieces submitted will automatically be included in the show.

The fall exhibition will be the 25th show presented by Gallery 96.

Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7-9 P.M. These are lively discussions of art and friendly critiques of the work of members and others. All are welcome. Upcoming dates are August 10, September 14 and October 12, 2010.

Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

More Information

The public can keep in touch with Gallery 96 Art Center and its programs through its website at www.gallery96.org and through the quarterly newsletter. Other inquiries may be directed to: Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127 or by calling 651.484.8710.



Shoreview Garden Club

The Shoreview Community Garden Club meets at the Shoreview Community Center on the First Wednesday of the month at 7 p.m. Experienced gardeners or beginners, all are welcome. Speakers talk on a wide range of gardening topics. Summer tours are held to get information and ideas. A Spring Plant Sale is held to raise money for Speakers and Activities. For more information contact Sandi at 651.484.4341 or sandilauer@comcast.net.

CTV North Suburbs

CTV North Suburbs provides community television for the residents of 10 cities, including Shoreview. CTV features programming by the community for the community programs created by volunteers like you. To learn more about video production, free use of equipment and cable time on channels 14 and 15, visit www.CTVNorthSuburbs.org or call 651.792.7515.

Shoreview-Einhausen Sister City Association (SESCA)



The Shoreview-Einhausen Sister City Association (SESCA) is an organization dedicated to promoting friendship and international goodwill between the citizens of the greater Shoreview area and the people of our sister city of Einhausen, Germany. We are a volunteer nonprofit group that has created opportunities to experience German culture through a variety of social, educational, economic, municipal, and cultural activities for almost a decade.

One of the best ways we have found to foster these friendships is through the

interaction that takes place when we meet, hold a function for the community, and host the Germans when they visit the Shoreview area or visit them in their city. For 2011, a trip is in the works sponsored by SESCOA focusing on northern Germany and also including home stays in the quaint town of Einhausen itself.

In addition to this trip, we are helping coordinate a visit to Shoreview by the band from Einhausen to play a joint concert alongside the Northern Lights Variety Band in 2012. Other events throughout the year include a German dinner where we enjoy German food

and each others company in a setting brimming with what the Germans call "Gemütlichkeit" which translates as: an atmosphere of comfort and acceptance.

Whether you saw us at last summer's 'Slice' or are new to the area and want to find a way to get involved, we'd like to have you join or contact us. Here's how you can! Everyone is welcomed to attend our meetings on the first Monday of each month at 7:00 pm in the lower level conference room of Shoreview City Hall. For more information about events please see our website at

www.sesca.org.

2010 Slice of Shoreview Schedule

July 23-25

Island Lake County Park, 694 & Victoria

Thursday, July 22

Noon- 4 pm Golf Tournament Island Lake Golf Course

Friday, July 23

4 pm Slice of Shoreview Opens
 4 pm-Dark Dock Dogs - open dock **NEW!** Center pavilion
 4 pm Booths and Food Court Opens
 5-10 pm Carnival South Parking Lot
 5 - 9 pm Bingo Large Tent
 5 - 8 pm LJFD Open House Fire Station
 7-11 pm Jim Tones **NEW!** Main Stage
 10 pm Drawing for Door Prize Main Stage *must be present to win-Present ID*

Saturday, July 24

7-11 am Pancake Breakfast Center pavilion
 8:30 am Tour de Trails Deluxe Corp Parking lot
 9 am Parade Lineup (road closes at 9:30 am) St. Odilia Parking lot
 10 am - 8 pm Art in the Park All Booths
 10 am - 10 pm Food Court Center Parking lot
 10 am Slice of Shoreview Parade Begins Cannon Ave & Victoria St.
 10 am - 8 pm Petting Zoo and Pony Rides South Peninsula
 10 am- 10 pm Carnival South Parking Lot
 Noon- 4 pm Minnesota Timberwolves Shootout N. of Main Stage
 Noon - 8 pm Bungy Trampoline and Climbing Wall . Infield
 Noon- 6 pm Inflatable Play Area Infield
 Noon- 9 pm Bingo Large Tent
 1 pm - 4:30 pm Dock Dogs **NEW!** Center pavilion
 1 pm Rugby Tournament Island Lake School ball field
 1 - 3 pm Talent Show Main Stage
 2 - 4pm Slip n Slide Behind Fire Station
 3 pm Raptor Center TBD
 3:30 pm Tae Kwon Do Demo In front of Stage
 4 pm K-9 Show In Front of Stage
 4 pm Drawing for Door Prize Main Stage *must be present to win-Present ID*
 7 - 11 pm Rockin' Hollywoods Main Stage
 10 pm Drawing for Door Prize Main Stage *must be present to win-Present ID*
 10 pm Fireworks Over Island Lake

Sunday, July 25

7-11 am Pancake Breakfast Center pavilion
 9 am - 3 pm Dock Dogs **NEW!** Center pavilion
 9 am - 5 pm Volleyball Competition South volleyball court
 10 am - 5 pm Food Court Center parking lot
 10 am Non denominational Church Service . South pavilion
 11 am All booths and Carnival Open
 11 am - 4 pm Bingo Large Tent
 11 am Car & Motorcycle Lineup Medtronic Parking lot
 noon-4 p.m. Inflatable Play Area
 noon-5 p.m. Classic Car and Motorcycle Show North Shelter
 1 pm Dan Perry and the Ice Cream Band ... Main Stage
 1-3 Slip n Slide Behind Fire Station
 3-5 Dan Perry and the Backyard Band Main Stage
 5 pm Grand Prize drawing Main Stage *must be present to win-Present ID*
 5 pm Slice of Shoreview 2010 closes



City Launches New Home Energy Improvement Loan Program

The City of Shoreview now has a new Home Energy Improvement Loan available to qualifying residents and prospective homebuyers to encourage reinvestment and energy efficient home improvements throughout the community. Home energy improvement loans will be offered through the non-profit Housing Resource Center on behalf of the City of Shoreview for improvements such as new roofs, and energy efficient upgrades to windows and doors, heating and cooling systems and water heaters.

The maximum loan amount is \$20,000 and the minimum loan amount is \$2,000 with up to 10-year terms. Residents who obtain a loan through this program could have all the interest reimbursed if they reside at the home for the 10-year period of the loan.

FOR INFORMATION CONTACT:

HousingResource Center
North Metro Office - Shoreview
651.486.7401
www.housingresourcecenter.org

The Shoreview Home Energy Improvement Loan Program provides additional local incentives and fills a gap not currently provided by private lenders for those residents (or potential new residents) interested in upgrading older and more moderately priced homes that may be in need of basic

energy efficiency improvements. Residents interested in the new Home Energy Improvement Loan Program can also leverage home improvements with bank loans and/or other available housing programs offered through agencies such as Ramsey County and the Minnesota Housing Finance Agency.

Established by the Shoreview City Council and Economic Development Authority, the Shoreview Home Energy Improvement Loan Program is made available without the use of general tax dollars through utilizing special funding sources available for housing and development. With an initial allocation of \$300,000, the new loan program has been designed as a revolving fund so that the loan fund can be replenished through borrower repayments and additional loans distributed.

“Maintaining the quality of our neighborhoods is a very important goal in Shoreview. The Home Energy Improvement Loan Program helps the City accomplish this goal by providing access to credit for residents that want to make energy home improvements. By leveraging the HousingResource Center, our residents receive the added benefits of a free pre-construction consultation and awareness of other existing programs,” says Councilmember Blake Huffman, President of the

Economic Development Authority.

Loans will be available to income-eligible owners of single-family detached homes where the current market value does not exceed \$314,640. Income limits were required due to the use of the special funding source for the loan program and are based on household size, as listed below:

Household Size	Income Limit
1	\$96,736
2	\$104,416
3	\$112,096
4	\$119,776
5	\$125,896
6	\$132,076
7	\$138,196
8	\$144,376

The City of Shoreview is contracting with the Greater Metropolitan Housing Corporation for the loan program to be administered through the Housing Resource Center, a non-profit agency that currently serves Shoreview residents by providing free home improvement construction and financing counseling.

For additional information on the new Shoreview Home Energy Improvement Loan Program and other available resources, please contact the HousingResource Center – North Metro Office at 651.486.7401 or visit www.housingresourcecenter.org

Shoreview's First Habitat for Humanity Home



A coalition of 13 area churches, known as the Holy Hammers began work on Shoreview's first Habitat for Humanity home on May 3. The home will reside at 159 Owasso Lane East.

Although no owner has been decided yet, plans have been drawn up for the house. It's slated for completion at the end of July. Group representatives presented the plan to the Shoreview City Council at its April 5 meeting. The group has helped to build 15 other homes in the east metro area. Since being founded in 1999, the group has logged 875 on-site construction days and donated \$705,406 to the Twin Cities affiliate of Habitat for Humanity.

The following Shoreview churches will assist in this project: Incarnation Lutheran Church, Lutheran Church of

the Resurrection, Presbyterian Church of the Way, and Shepherd of the Hills Lutheran Church.

Holy Hammers is an ecumenical partnership of 13 congregations working through Habitat for Humanity to help bring affordable housing to our community. The Holy Hammers completed four weeks of construction with Habitat for Humanity in 1999 and sponsored an entire house (seven weeks) in 2000. Since 1999, we have built 15 complete homes and parts of 8 others, providing housing for more than 111 people.

COMMUNITY CENTER

GENERAL INFORMATION AND HOURS

12



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

Kids Care Hours*

Monday–Friday

8:30 A.M. – 12:30 P.M.

4:00 P.M. – 8:00 P.M.

Saturday

8:30 A.M. – 12:30 P.M.

CLOSED: Sept. 4 & 6, Nov. 25-27. See p.35 for details

*additional fee required

Community Center Information

- 14 laps equals 1 mile on the indoor track.
- One-rim basketball is played during open gym hours. No full court play during busy hours
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

Rate* **Shoreview Resident***

Daily Pass

Adult (18 and over)	\$ 8.25	\$ 6.75
Youth (1 to 17; under 1 free with paying adult)	\$ 7.25	\$ 5.75
Family* (Immediate family living in same household)	\$ 29.00	\$ 23.00
Seniors (65 and older)	\$ 7.25	\$ 5.75

*Family pass is limited to six individuals. Each additional person is \$4.00.

Indoor Playground Only (ages 1 to 12) \$ 4.50 \$ 4.50

Coupon Books (Includes 10 daily passes)

Adult	\$ 74.25	\$ 60.75
Youth/Senior	\$ 65.25	\$ 51.75
Playground	\$ 40.00	\$ 40.00

Senior Track Discount (65 and over)

Per visit	\$ 3.50	\$ 2.50
Punch card	\$ 28.00	\$ 20.00

*Sales Tax not included. Fees are subject to change.

We welcome payment by Visa and MasterCard.



Hours

	Community Center	Water Park* Starting Sept. 18	Playground**
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:30 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

Labor Day (Sept. 6)	5:00 A.M. – 6:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.
MEA (Oct. 21)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
MEA (Oct. 22)	5:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
Thanksgiving Break			
(Nov. 22-24)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
(Nov. 25)	5:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
(Nov. 26)	8:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.

*Annual pool shutdown is Sept. 7-17.

**The playground will be closed Sept. 7-17 for maintenance.

Lap Swim Hours**

Monday-Friday	5:00 A.M. – 11:50 A.M.
Monday-Thursday	9:30 P.M. – 10:00 P.M.
Monday, Wednesday	4:00 P.M. – 6:00 P.M.
Tuesday, Thursday	4:00 P.M. – 5:00 P.M.
Saturday	6:00 A.M. – 8:25 A.M.
Sunday	6:00 A.M. – 11:50 A.M.

**Lanes are limited Ask at the service desk for a complete schedule.

No lap swim May 31 & Sept 6 from 4-6.

Drop-in Volleyball Rate: daily admission or free to members.

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

COMMUNITY CENTER

MEMBERSHIP FEES AND BENEFITS

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership		
Family	\$ 630.00	\$ 488.00
Dual	\$ 562.00	\$ 443.00
Adult	\$ 374.00	\$ 286.00
Youth/Senior	\$ 295.00	\$ 232.00
Seasonal Membership (Three month)		
Family	\$ 250.00	\$ 205.00
Dual	\$ 230.00	\$ 180.00
Adult	\$ 165.00	\$ 125.00
Youth/Senior	\$ 125.00	\$ 100.00
Annual Membership Billed Monthly (With one year membership agreement)		
Family	\$ 56.50	\$ 45.50
Dual	\$ 49.25	\$ 41.00
Adult	\$ 34.00	\$ 27.75
Youth/Senior	\$ 28.75	\$ 22.50

*Rates do not include sales tax. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family is immediate family residing in the same household and children must be under 22 years of age. Proof of dual and family member qualification is required.

Fees are subject to change.

We welcome payment by Visa and Mastercard.



Membership questions?

Contact Guest Services at **651-490-4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739.

BLUE CROSS BLUE SHIELD OF MINNESOTA
BLUE CROSS BLUE SHIELD OF NORTH DAKOTA
UNITED HEALTH CARE · HEALTH PARTNERS · MEDICA · UCARE



Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.

NEW! Membership Renewal Reward!

The Community Center will be offering FREE guest passes to all annual membership renewals.

NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 2 family guest passes
- 2 fitness drop-in class passes
- 2 Wave Cafe coupons
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions

Experience Us book is designed to encourage new members to experience all the amenities the Community Center has to offer.



The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!

TROPICS INDOOR WATERPARK

Waterpark Hours

Starting September 18

Monday & Wednesday . 4:00 – 8:30 P.M.
 Tuesday & Thursday . . . 6:00 – 9:00 P.M.
 Friday 4:00 – 10:00 P.M.
 Saturday 12:00 – 8:00 P.M.
 Sunday 12:00 – 6:00 P.M.

Waterpark Holiday Hours

Labor Day (Sept. 6) . . 12:00 – 6:00 P.M.
 MEA (Oct 21) 12:00 – 9:00 P.M.
 MEA (Oct 22) 12:00 – 10:00 P.M.

Thanksgiving Break

(Nov 22-24) 12:00 – 9:00 P.M.
 (Nov 25) 12:00 – 4:00 P.M.
 (Nov 26) 12:00 – 10:00 P.M.

The Waterpark includes Shark Attack waterslide, beach boat slide, floating sea creature, water walk, volleyball and basketball.

***Floating sea creatures will not be available during water aerobics, Shark Attack, and beach will remain open.*



**Annual pool shutdown
is Sept. 7-17**



Tropics Indoor Waterpark

Experience the excitement of Tropics Indoor Waterpark. Journey to the north metro tropical destination for family fun and create some treasured memories.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

New for fall 2010, riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from an assortment of music and enjoy a custom light and music show while they twist and turn down our thrilling slide.

Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arm's reach of the child at all times.

Pool Information

- Certified lifeguard on duty in the pool at all times.
- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arm's reach. Arm floatation and floatation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 year old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms.
- Complete pool schedule and lap swim policy area available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to www.shoreviewmn.gov

WWW.SHOREVIEWMN.GOV

COMMUNITY CENTER

TROPICAL ADVENTURE INDOOR PLAYGROUND

Come CRAWL through the caves, SWING through the jungle, slip down the waterfall SLIDE, and SCREAM down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12

FREE to members

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- For information about **reserving space for your group**, call 651-490-4790.

See page
12 for holiday
hours!

** The playground will be closed Sept. 7-17 for maintenance.*



FOR INFORMATION CALL 651-490-4750

SPEND YOUR BIRTHDAY IN THE TROPICS

16



Make Your Child's Birthday Party Special!

Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the *tropical themed poolside birthday party rooms*! Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

Call 651-490-4790 to reserve your party package today!



TROPICAL PACKAGE

Cake Deal

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$15 per person
\$14 Shoreview Resident

Meal Deal

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$18 per person
\$17 Shoreview Resident

ADVENTURE PACKAGE

Cake Deal

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$13 per person
\$12 Shoreview Resident

Meal Deal

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$16 per person
\$15 Shoreview Resident

Beachcomber Bay (*shared party room*)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

Coconut Cove (*private pool-side party room*)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

Meeting / Party Rooms*

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$40 Regular rental fee
\$25 Shoreview Resident rental fee

*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

COMMUNITY CENTER

PARTY IN THE TROPICS

Special Rentals Have the Place to Yourself and Invite Your Friends!

Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. *Prices are per person.*

Overnight Rentals

Rate: \$18; \$16 Shoreview Resident

Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours	\$ 9.00	\$ 8.50
Three hours	\$ 9.50	\$ 9.00
Four hours	\$10.00	\$ 9.50

*Sales tax not included.

Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

MARK YOUR CALENDAR!



17

Shoreview Farmers' Market

Tuesdays through Oct. 19

3:00 – 7:00 PM

Stop by the Shoreview Farmers' Market on Tuesday afternoons in the Community Center's lower level parking lot. The Farmers' Market features locally grown fresh produce, hand-crafted artisan items, and live entertainment and special events on selected dates. See the inside back cover for more information.

Friday Night Flix

Fridays, August 6, 13, 20, 27 at dusk

The Shoreview Commons Pavilion is turning into an outdoor theater on Friday nights in August. Enjoy watching a popular movie by moonlight with your friends, family, and neighbors. This event is FREE and concessions will be available at the Wave Café in the Shoreview Community Center. See the inside front cover or visit www.shoreviewmn.gov for more information.

Kids' Garage Sale

Saturday, October 2

Calling all kids! Here's your chance to make a little money to use for holiday shopping or to find special gifts at bargain prices. Sale will be held outside at Shoreview Community Center Pavilion. See page 42 for details.

Halloween Hoopla

Friday, October 29

Come join in the spooky fun. Win prizes at a carnival, play Ghost Bingo and create Halloween crafts. Enjoy yummy refreshments, win door prizes, trick-or-treating, and much more. See page 42 for details.

BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 595	\$ 520
Friday	\$ 950	\$ 850
Saturday	\$1,125	\$1,025

Fees are subject to change. Tax not included. Call for more information.

Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 395	\$ 320
Friday	\$ 695	\$ 595
Saturday	\$ 815	\$ 710

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210	\$ 180
Friday and Saturday	N/A	N/A

Fees are subject to change. Tax not included. Call for more information.

Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

COMMUNITY CENTER

COMMUNITY & MEETING ROOM FACILITIES

Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

**Sales tax not included. Refundable damage deposit required.*

Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. Seats 15

Shamrock Park Seats 35

McCullough Park. . . . Seats 15

Commons Park Seats 20

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment.

- Island Lake Room is rented in 2-hour blocks.

- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

**Sales tax not included.*

Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.

- Rates are listed per room for each time block rented.

- Refundable damage deposit: \$25 per room.

Rate: \$40; \$25 Shoreview Resident (50% of group living in Shoreview)

**Sales tax not included.*



Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600



FOR INFORMATION CALL 651-490-4750



Farmers' Market *Inside Back Cover*



Aquatics *Page 22*



Group Fitness *Page 27*



Kid's Corner Preschool *Page 36*



Special Events *Page 42*

FALL RECREATION

FALL REGISTRATION SCHEDULE

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, July 27

On-line registration for residents begins at 8:00 A.M.

Tuesday, August 3

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

Annual Community Center Member Registration

Tuesday, August 3

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, August 5

On-line registration begins at 8:00 A.M.

Tuesday, August 10

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



PROGRAMS

ONLINE REGISTRATION INFORMATION

Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!

What you need to know:

- Each family needs a household ID and password
- New users need to request a household ID and password at least 5 days before registration begins
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes

New Users

- Registering on-line requires a household ID and password
- To obtain a household ID and password, complete a Participant Information Form by:
 - ~ Download it from the web: <http://www.shoreviewmn.gov>
 - ~ Stop by during office hours to complete a form in person
 - ~ Call 651-490-4750 to have a form faxed or mailed to you

Current Users

- You have a household ID and password assigned to your family
- To add a family member to your account, call 651-490-4750 or email recreation@shoreviewmn.gov
- If you have forgotten your household ID and password, please contact us at 651-490-4750

Questions?

Call 651-490-4750 or email recreation@shoreviewmn.gov

Register NOW for:

Fall Soccer

Personal Training

Golf Lessons

Kids Corner Preschool



Tumbling Page 37



Youth Sports Page 44



Tennis Lessons Page 46



Ice Skating Page 48



Adult Activities Page 51

AQUATICS

SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Classes are designed to be progressive. At each level students will be introduced to a new skill and previously learned skills will be reviewed. Our instructors are chosen for their desire to teach, enthusiasm and ability. Instructors participate in a training program and shadow an experienced instructor for one session. The Community Center pool water temperature is kept between 83 and 84 degrees.

LESSONS

A variety of lessons are available to meet your student's individual needs. The Community Center pool does not restrict open, recreational use during lessons, except Saturday and Sunday morning lessons. If you are concerned about other swimmers affecting your child's lessons, sign up for weekend morning lessons at the Community Center.

Group Lessons

Rates for all group lessons \$68; \$58 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7

**NEW
Smaller Class
Sizes**

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right. If you are not sure what level to register your child for or have not been in classes in a while, please contact the Aquatic Coordinator at 651-490-4766 to have one of our aquatic staff evaluate your child.

Private Lessons (PR)

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 24 and 25.

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$135; \$125 Shoreview Resident

\$105; \$95 Shoreview Resident each for two participants of equivalent ability



AQUATICS LEVEL DESCRIPTIONS

Star Fish 1 *Ages 9 Months to 18 Months*

Star Fish 2 *Ages 18 Months to 36 Months*

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

Preschool (PS) – Jelly Fish *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

Level 1 (L1) – Angel Fish

Ages 4 or passed preschool level

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

AQUATICS LEVEL DESCRIPTIONS

Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Stroke techniques
- Basic workouts

Adult Instruction (AI) Ages 18 and over

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

12 hours, Times and Dates upon request

\$100; \$90 Shoreview Resident **Activity # 430319-01**

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in 6 training sessions. To be considered for employment you must be age 16 and successfully completed the SIA course. If employed you will be required to complete a CPR and First Aid Training Course First Aid Training Course. Call the Aquatic Coordinator to set up meeting dates and times at 651-490-4766.

JUNIOR LIFEGUARD

Ages 9+

Sat, Sept 25-Nov 20 (no class 10/23) 9:50 A.M. – 10:25 A.M.
\$68; \$58 Shoreview Resident **Activity # 430303-01**

Tues/Thurs, Sept 21-Oct 14 6:50 P.M. – 7:25 P.M.
\$68; \$58 Shoreview Resident **Activity # 430303-02**

Community Center Pool

With professional lifeguards as instructors, this program will teach water safety, first aid techniques, build self-confidence and help youths understand the work of lifeguards. Participants learn about pool and open water safety in a fun and challenging atmosphere. Youth will also participate in a variety of fun events such as: Distance Swim, Swim Relays and Rescue Relay's to name a few. Class will meet for 8 lessons and includes shadowing a lifeguard.

AQUATICS

MONDAY Sept. 27 - Nov. 15

Morning

9:10 A.M.	LI	430101-01
9:50 A.M.	PS	430111-01
10:30 A.M.	L2	430102-01
11:10 A.M.	PR	430114-01

Evenings

4:00 P.M.	LI	430101-12
	L2	430102-12
	L2.5	430112-10
	PR	430114-19
4:40 P.M.	LI	430101-13
	L2	430102-13
	L3	430103-08
	L4	430104-06
5:25 P.M.	PS	430111-15
	PS	430111-16
	L2.5	430112-11
	L2.5	430112-12
	L4	430104-07
6:05 P.M.	PS	430111-17
	LI	430101-14
	L2.5	430112-13
	PR	430114-20
6:10 P.M.	SF 1	430110-03
6:50 P.M.	LI	430101-15
	L2	430102-14
	L2.5	430112-14
	L3	430103-09
7:30 P.M.	L4	430104-08
	L2	430102-15
	L5	430105-06
	L7	430107-02
	PR	430114-21
	PR	430114-22

TUESDAY Sept. 21 - Nov. 16 No class Oct. 19

Morning

9:10 A.M.	PS	430111-02
9:50 A.M.	L2	430102-02
10:30 A.M.	LI	430101-02
11:10 A.M.	PR	430114-02

Evenings

4:00 P.M.	PS	430111-18
	LI	430101-16
	L2.5	430112-15
	PR	430114-23
	PR	430114-24
4:40 P.M.	LI	430101-17
	L2	430102-16
	L3	430103-10
	L4	430104-09
5:25 P.M.	PS	430111-19
	PS	430111-20
	L2.5	430112-16
	L2.5	430112-17
	L4	430104-10
6:10 P.M.	SF 1	430110-04

WEDNESDAY Sept. 22 - Nov. 17 No class Oct. 20

Morning

9:10 A.M.	LI	430101-03
9:50 A.M.	PS	430111-03
10:30 A.M.	SF1&2	430110-07
11:05 A.M.	PR	430114-04

Evenings

4:00 P.M.	PS	430111-21
	LI	430101-18
	L2	430102-17
	L2.5	430112-18
	PR	430114-25
4:40 P.M.	PS	430111-22
	LI	430101-19
	L2.5	430112-19
	L2.5	430112-20
	L4	430104-11
5:25 P.M.	PS	430111-23
	L2	430102-18
	L2.5	430112-21
	L3	430103-11
6:05 P.M.	PS	430111-24
	LI	430101-20
	L3	430103-12
	L4	430104-12
6:10 P.M.	SF 2	430110-05
6:50 P.M.	LI	430101-21
	L2	430102-19
	L6	430106-02
	AI	430115-01
	PR	430114-26
	L5	430105-07
7:30 P.M.	YB	430113-03
	PR	430114-27
	PR	430114-28

AQUATIC KEY

LI Level 1,2, etc...

SF1 – Star Fish 9-18 mths

SF2 – Star Fish 18-36 mths

AI Adult Instruction

JL Junior Lifeguard

PS Preschool

PR Private Lessons

YB Youth Beginner



THURSDAY

Sept. 23 - Nov. 18
No class Oct. 21

Morning

8:30 A.M.	L2	430102-03
9:10 A.M.	L2.5	430112-01
9:50 A.M.	L3	430103-01
10:30 A.M.	L4	430104-01
11:10 A.M.	L5	430105-01

Evenings

4:00 P.M.	PS	430111-25
	LI	430101-22
	L2	430102-20
	L2.5	430112-22
	PR	430114-29
4:40 P.M.	LI	430101-23
	L2	430102-21
	L2.5	430112-23
	L4	430104-13
5:25 P.M.	PS	430111-26
	PS	430111-27
	L3	430103-13
	L4	430104-14
6:10 P.M.	SF 2	430110-06

FRIDAY

Sept. 24 - Nov. 19
No class Oct. 22

Morning

9:10 A.M.	PS	430111-04
9:50 A.M.	LI	430101-04
10:30 A.M.	L2	430102-04
11:10 A.M.	PR	430114-05

SATURDAY

Sept. 25 - Nov. 20
No class Oct. 23

Morning

8:25 A.M.	PS	430111-05
	PS	430111-06
	LI	430101-05
	L2	430102-05
	L2.5	430112-02
	L2.5	430112-03
	L3	430103-02
	L4	430104-02
	PR	430114-06
	PR	430114-07
9:10 A.M.	PS	430111-07
	LI	430101-06
	L2	430102-06
	L2.5	430112-04
	L3	430103-03
	L5	430105-02
	YB	430113-01
	PR	430114-08
	PR	430114-09
9:15 A.M.	SF 1	430110-01
9:50 A.M.	PS	430111-08
	LI	430101-07
	L2	430102-07
	L2.5	430112-05
	L3	430103-04
	L5	430105-03
	JL	430303-01
	PR	430114-10
	PR	430114-11
9:55 A.M.	SF 2	430110-02
10:35 A.M.	PS	430111-09
	PS	430111-10
	LI	430101-08
	L2	430102-08
	L3	430103-05
	L4	430104-03
	L5	430105-04
	L6	430106-01
	PR	430114-12
	PR	430114-13
11:15 A.M.	PS	430111-11
	LI	430101-09
	L2	430102-09
	L2.5	430112-06
	L2.5	430112-07
	L4	430104-04
	L7	430107-01
	PR	430114-14
	PR	430114-15

SUNDAY

Sept. 26 - Nov. 21
No class Oct. 24

Morning

9:00 A.M.	PS	430111-12
	LI	430101-10
	L2.5	430112-08
	YB	430113-02
	PR	430114-16
9:45 A.M.	LI	430101-11
	L2	430102-10
	L2.5	430112-09
	L3	430103-06
10:30 A.M.	PS	430111-13
	L2	430102-11
	L4	430104-05
	L5	430105-05
11:15 A.M.	PS	430111-14
	L3	430103-07
	PR	430114-17
	PR	430114-18

TUESDAY/THURSDAY

Session 1
Sept. 21 - Oct. 14

Evening

6:05 P.M.	PS	430111-28
	LI	430101-24
	L2.5	430112-24
	L3	430103-14
	AI	430115-02
6:50 P.M.	L2	430102-22
	L3	430103-15
	YB	430113-04
	JL	430303-02
7:30 P.M.	L2	430102-23
	L5	430105-08
	L6	430106-03
	PR	430114-30
	PR	430114-31

TUESDAY/THURSDAY

Session 2
Oct. 26 - Nov. 18

Evening

6:05 P.M.	PS	430111-29
	L2.5	430112-25
	L3	430303-16
	L6	430106-04
6:50 P.M.	LI	430101-26
	L2	430102-24
	L2.5	430112-26
	L4	430104-15
	PR	430114-32
7:30 P.M.	L2	430102-25
	L5	430105-09
	PR	430114-33
	PR	430114-34
	PR	430114-35

A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekday and weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.

SPECIAL AQUATICS/CPR & FIRST AID

SNORKELING

Ages 8 to 13

Friday, October 22 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 430306-01**

Monday, November 22 7:00 P.M. – 8:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 430306-02**

Saturday, December 18 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 430306-03**

Monday, December 27 11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 430306-04**

Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

GIRL SCOUTS, BOY SCOUTS

\$15 Indiv; \$10 each for 2 or more . . . **Activity # 430301-01**

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you. Program time approx. 30–40 minutes.

LIFEGUARDING TRAINING

Ages 15+ Pack a lunch and snacks!

Monday – Thursday, Dec. 27-30 8:00 A.M. – 5:00 P.M.
\$200; \$190 Shoreview Resident **Activity # 450402-01**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, current for 3 years; and CPR for the Professional Rescuer, current for one year. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- 300-yard swim
- 2-minute treading water
- Retrieve 10 lb. brick from pool bottom

RED CROSS COMMUNITY CPR

\$78; \$68 Shoreview Resident 5:30 P.M. – 10:00 P.M.

Wednesday, October 13 **Activity # 450301-01**

Wednesday, December 8 **Activity # 450301-02**

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

RED CROSS STANDARD FIRST AID

\$50; \$45 Shoreview Resident 5:30 P.M. – 8:30 P.M.

Thursday, October 14 **Activity # 450302-01**

Thursday, December 9 **Activity # 450302-02**

Shoreview Community Center

Learn how to provide basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrives.

RED CROSS COMMUNITY CPR AND FIRST AID COURSE

Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE! Refer to course descriptions above.

Wed. Oct 13 5:30 – 10 P.M. and Thur. Oct. 14 6:30 – 8:30 P.M.

\$90; \$80 Shoreview Resident **Activity # 450303-01**

Sat. Nov 27 9 A.M. – 5 P.M. (1 hour lunch break)

\$90; \$80 Shoreview Resident **Activity # 450303-02**

Wed. Dec. 8 . . 5:30 – 10 P.M. and Thur. Dec. 9 6:30 – 8:30 P.M.

\$90; \$80 Shoreview Resident **Activity # 450303-03**

Shoreview Community Center



FITNESS REGISTRATION

Call for information: 651-490-4750

FALL SESSION – 13 weeks September 13 – December 19

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

Annual Members receive 30% off group fitness classes listed on pp. 27-29 with the exception of Kids Yoga and Youth Fitness classes. (Discount not available online at this time.)

FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Class	Rate	Activity #
Revvig, Hip Hop, Zumba		
.....	\$40; \$35 Shoreview Resident	.. 410401-01
Yoga, Pilates, and Yogalates		
.....	\$45; \$40 Shoreview Resident	.. 410402-01
All Other Fitness Classes		
.....	\$28; \$25 Shoreview Resident	.. 410403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yogalates	\$10; \$9 Shoreview Resident
Revvig, Hip Hop, and Zumba	\$9; \$8 Shoreview Resident
All Other Fitness Classes Drop-in Rate	\$6.50; \$5.50 Shoreview Resident

FITNESS CLASS DESCRIPTIONS

Arthritis Foundation Tai Chi Program®

The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.



Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge.

Candlelight Yoga

A mind-body yoga class done in the relaxing atmosphere of candlelight. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

Cardio BOSU

Come work your core while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training exercises.

FITNESS CLASS DESCRIPTIONS

28

Cardio Groove

Get your groove on in this low-impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn combinations of low impact movements. Before you know it, you will be cooling down and finishing with a core workout.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

Cardio Mix

Do you like to mix it up? This class offers a variety of cardio exercise formats. Each week a different type of cardio will be performed including kick boxing, boot camp, total body workout, Drums Alive, and much more! This class is great for those who like variety.

Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you move through the stations of the circuit. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.

Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. Intermediate Pilates needs to have basic knowledge and previous Pilates experience.

Power Pump

This workout is like having your own personal trainer in a group setting. Power Pump will target all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times a week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

Revvig

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvig is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with "hill climbs" and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvig bikes is adjustable to accommodate all levels and intensities.

Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body with some cardio moves thrown in to improve cardiovascular health. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or run a marathon this class is for you.

Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

Yoga Strength & Fitness Yoga

Gain strength, stamina, and balance with this athletic style of yoga. This is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

Zumba

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

NEW!

Zumba Gold

Zumba® Gold is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba class Zumba Gold is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

WATER EXERCISE

Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.

GROUP FITNESS SCHEDULE

MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

Sept. 13 – Dec. 19 (13 weeks). No regularly scheduled classes Nov. 22-28. FREE classes offered that week.

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY				
5:45 A.M.	Total Body Workout	\$67/\$62	410502-01	Studio 1
8:30 A.M.	Classic Conditioning	\$67/\$62	410539-01	Studio 1
8:30 A.M.	Strength Training	\$67/\$62	410517-01	Studio 2
9:30 A.M.	Circuit	\$67/\$62	410505-01	Studio 1
9:15 A.M.	Aqua Splash (begins 9/20)	\$62/\$57	410522-01	Pool
9:30 A.M.	Core Fusion	\$67/\$62	410531-03	Studio 2
10:15 A.M.	Arthritis Fdn. Aquatic Prog (begins 9/20)	\$62/\$57	410164-03	Pool
11:40 A.M.	Mind/Body Yoga	\$107/\$102	410506-01	Studio 2
TUESDAY				
5:45 A.M.	Power Pump	\$67/\$62	410523-01	Studio 2
8:30 A.M.	Mind/Body Yoga	\$107/\$102	410506-02	Studio 1
8:30 A.M.	Power Pump	\$67/\$62	410523-02	Studio 2
9:30 A.M.	Step It Up	\$67/\$62	410516-01	Studio 2
9:30 A.M.	Aqua Splash (begins 9/21)	\$62/\$57	410522-03	Pool
9:30 A.M.	Pilates	\$107/\$102	410507-01	Studio 1
10:30 A.M.	Zumba Gold	\$67/\$62	410544-05	Studio 1
11:30 A.M.	Strength Training	\$67/\$62	410541-01	Studio 2
1:00 P.M.	Gentle Yoga	\$107/\$102	410163-01	Studio 1
WEDNESDAY				
5:45 A.M.	Total Body Workout	\$67/\$62	410502-02	Studio 1
6:00 A.M.	Step & Strength	\$67/\$62	410514-02	Studio 2
8:30 A.M.	Revving	\$87/\$82	410512-04	Studio 1
8:30 A.M.	Classic Conditioning	\$67/\$62	410539-02	Studio 2
9:30 A.M.	Circuit	\$67/\$62	410505-02	Studio 1
9:30 A.M.	Aqua Splash (begins 9/22)	\$62/\$57	410522-05	Pool
9:30 A.M.	Zumba	\$87/\$82	410544-07	Studio 2
10:30 A.M.	Yoga Stretch	\$107/\$102	410524-03	Studio 2
THURSDAY				
5:45 A.M.	Power Pump	\$67/\$62	410523-08	Studio 2
8:25 A.M.	Aqua Flow (begins 9/23)	\$62/\$57	410521-01	Pool
8:30 A.M.	Pilates	\$107/\$102	410507-02	Studio 1
8:30 A.M.	Power Pump	\$67/\$62	410523-06	Studio 2
9:30 A.M.	Step It Up	\$67/\$62	410516-04	Studio 2
9:30 A.M.	Aqua Splash (begins 9/23)	\$62/\$57	410522-07	Pool
9:30 A.M.	Core Fusion	\$67/\$62	410531-02	Studio 1
11:30 A.M.	Strength Training	\$67/\$62	410541-02	Studio 2
12:30 P.M.	Yogalates	\$107/\$102	410525-05	Studio 2
FRIDAY				
5:45 A.M.	Total Body Workout	\$67/\$62	410502-03	Studio 2
6:00 A.M.	Revving	\$87/\$82	410512-07	Studio 1
8:30 A.M.	Power Pump	\$67/\$62	410523-10	Studio 1
8:30 A.M.	Classic Conditioning	\$67/\$62	410539-03	Studio 2
9:30 A.M.	Circuit	\$67/\$62	410505-03	Studio 1
9:30 A.M.	Aqua Splash (begins 9/24)	\$62/\$57	410522-09	Pool
SATURDAY				
8:30 A.M.	Revving	\$87/\$82	410512-08	Studio 1
8:30 A.M.	Zumba	\$87/\$82	410544-06	Studio 2
9:30 A.M.	Power Pump	\$67/\$62	410523-09	Studio 2
10:00 A.M.	Kids Yoga	\$50/\$45	410245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$67/\$62	410501-04	Studio 2
11:15 A.M.	Mind/Body Yoga	\$107/\$102	410506-04	Studio 1
SUNDAY				
8:30 A.M.	Revving	\$87/\$82	410512-09	Studio 1
5:00 P.M.	Candlelight Yoga	\$107/\$102	410537-01	Studio 2

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 36 & 37 with the exception of Kid's Yoga.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 35

GROUP FITNESS SCHEDULE

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

Sept. 13 – Dec. 19 (13 weeks). No regularly scheduled classes Nov. 22-28. FREE classes offered that week.

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY				
4:15 P.M.	Zumba	\$87/\$82	410544-02	Studio 2
5:20 P.M.	Step and Strength	\$67/\$62	410514-01	Studio 2
5:20 P.M.	Boot Camp	\$67/\$62	410532-01	Studio 1
6:25 P.M.	Cardio Groove	\$67/\$62	410504-01	Studio 2
6:25 P.M.	Revvig	\$87/\$82	410512-01	Studio 1
7:30 P.M.	Power Pump	\$67/\$62	410523-04	Studio 1
7:30 P.M.	Core Fusion	\$67/\$62	410531-01	Studio 2
8:35 P.M.	Aqua Splash (begins 9/20)	\$62/\$57	410522-02	Pool
TUESDAY				
3:30 P.M.	Kid's Yoga	\$50/\$45	410245-02	Studio 2
4:00 P.M.	Arthritis Fndn. Aquatic Prog (begins 9/21)	\$62/\$57	410164-01	Pool
4:15 P.M.	Revvig	\$87/\$82	410512-02	Studio 1
5:05 P.M.	Aqua Splash (begins 9/21)	\$62/\$57	410522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$107/\$102	410506-03	Studio 1
5:20 P.M.	Power Pump	\$67/\$62	410523-03	Studio 2
6:25 P.M.	Pilates	\$107/\$102	410507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$67/\$62	410501-01	Studio 2
7:30 P.M.	Total Body Workout	\$67/\$62	410502-04	Studio 1
7:30 P.M.	Cardio BOSU with a Pump!	\$67/\$62	410542-01	Studio 2
WEDNESDAY				
2:30 P.M.	Arthritis Foundation T'ai Chi	\$67/\$62	410235-01	Studio 1
5:20 P.M.	Step It Up	\$67/\$62	410516-03	Studio 2
5:20 P.M.	Boot Camp	\$67/\$62	410532-02	Gym Act Rm
5:20 P.M.	Yogalates	\$107/\$102	410525-02	Studio 1
6:25 P.M.	Zumba	\$87/\$82	410544-01	Studio 2
6:25 P.M.	Revvig	\$87/\$82	410512-05	Studio 1
7:30 P.M.	Power Pump	\$67/\$62	410523-05	Studio 2
7:30 P.M.	Mind/Body Yoga	\$107/\$102	410506-06	Studio 1
8:35 P.M.	Aqua Splash (begins 9/22)	\$62/\$57	410522-06	Pool
THURSDAY				
4:00 P.M.	Arthritis Foundation Aquatic Prog	\$62/\$57	410164-02	Pool
4:15 P.M.	Total Body Workout	\$67/\$62	410502-05	Studio 1
5:05 P.M.	Aqua Splash (begins 9/23)	\$62/\$57	410522-08	Pool
5:20 P.M.	Yoga Strength	\$107/\$102	410524-01	Studio 1
5:20 P.M.	Power Pump	\$67/\$62	410523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$67/\$62	410501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$107/\$102	410511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$107/\$102	410506-05	Studio 1
7:30 P.M.	Zumba	\$87/\$82	410544-03	Studio 2
FRIDAY				
4:15 P.M.	Zumba	\$87/\$82	410544-04	Studio 2

All water exercise classes begin the week of Sept. 20.

NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.



PERSONAL TRAINING

CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals.

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

Trainer biographies are posted outside of the Fitness Center, across from Studio 2.

Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.

GET FIT! BODY CHALLENGE

November 8 – January 3 (8 weeks)

\$349 Activity # 410239-01

***Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations. Support from fellow participants and accountability through the personal training staff will help keep you committed to your

goals. The Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

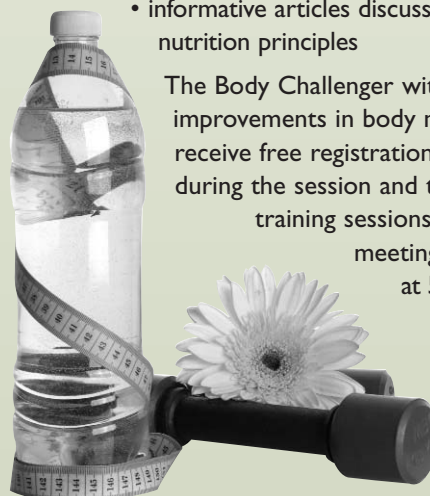
Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting November 7th at 5:00 p.m.



COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.



INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Resident **Activity # 410299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.



RUN/WALK TRAINING (5K & UP)

Tuesdays, September 14 – November 20
6:30 P.M. and Saturdays, 8:30 A.M.

\$100; \$95 Shoreview Resident **Activity # 410217-01**

Shoreview Community Center

Whether you're an experienced runner or beginning walker, this 5K training group will get you ready for the spring and summer run/walk events that you've always wanted to enter. Weekly group runs are led by personal trainers and accommodate all fitness levels. Participants can attend up to 2 group training sessions each week and will receive a program for additional running sessions to be conducted on their own. Running specific strength exercises will also be provided to help prevent injuries and improve performance.

MARTIAL ARTS

Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.



FAMILY DISCOUNT
 \$15 off for second family member
 \$25 off for third family member



BEGINNER CLASS

Tuesdays and Thursdays 6:00 P.M. – 7:00 P.M.
 Session A: Sept. 14 – Oct. 28 (7 weeks)
 \$103; \$93 Shoreview Resident **Activity # 410230-01**
 Session B: Nov. 2 – Dec. 16 (6.5 weeks, no class 11/25)
 \$96; \$87 Shoreview Resident **Activity # 410232-01**
 For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

Tuesdays and Thursdays 7:00 P.M. – 8:00 P.M.
 Session A: Sept. 14 – Oct. 28 (7 weeks)
 \$103; \$93 Shoreview Resident **Activity # 410231-01**
 Session B: Nov. 2 – Dec. 16 (6.5 weeks, no class 11/25)
 \$96; \$87 Shoreview Resident **Activity # 410233-01**
 For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763
Please call this number to leave reservation information.

Hours

Monday–Friday 8:30 A.M. – 12:30 P.M. & 4:00 P.M. – 8:00 P.M.
Saturdays 8:30 A.M. – 12:30 P.M.
CLOSED: Sept. 4, 6, Nov. 25, 26, 27

Member/Fitness Class Participant Rate

\$1 per hour (per child) – some restrictions apply

Customers that hold an active community center membership or are currently registered and participating in a fitness class may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. This rate does not apply to fitness class punch cards or drop-ins. If customer chooses to leave the building, the drop in rate applies. **Payment must be rendered at the time of service.**

Drop In Rate

\$4.50 per hour, per child
\$3.75 per hour, per child Shoreview Resident

Any family, resident and non-resident may take advantage of our Kids Care program at a drop in rate. Minimum of one hour. **Payment must be rendered at the time of service at the lower service desk.**

Out and About Program

Drop In Rates Apply

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon.

Payment must be rendered at the time of service .

Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

Please refer to our Parent Handbook for more information on additional policies and procedures.



KIDS CORNER PRESCHOOL

2010-2011 School Year

Calling all 2½-5 year olds. Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year Dates are September 7, 2010 – May 27, 2011.

To determine class availability and for a registration form please call 651-490-4750. A \$50

non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.



MONDAY FUNDAY

Morning Monday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Monday Funday 11:00 A.M. – 12:30 P.M.
\$50/month; \$45/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2010.

FRIDAY FUNDAY

Morning Friday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Friday Funday 11:00 A.M. – 12:30 P.M.
\$50/month; \$45/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by December 1, 2010.

TINY TREASURES

Wednesday & Friday 9:00 A.M. – 11:30 A.M.
\$100/month; \$95/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

ABC'S & 123'S

Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
\$105/month; \$100/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

ALPHA KIDS

Tuesday & Thursday 9:00 A.M. – 12:00 P.M.
\$115/month; \$110/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2010.

STEPPING STONES

Monday, Wednesday, Friday 12:30 P.M. – 3:30 P.M.
\$150/month; \$145/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2010.

BUSY BUDDIES

Monday 9:00 A.M. – 11:30 A.M.
\$80/month; \$75/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2010.



Tumbling

Saturdays, Sept. 25 – Nov. 13 (8 weeks)

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. For answers to your questions about placement, call 651-490-4750.

TODDLER AND PARENT

Ages 2 and 3

Saturdays 9:00 A.M. – 9:45 A.M.
\$77; \$67 Shoreview Resident **Activity # 480101-01**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

TUMBLING TYKES

Ages 3 and 4

Saturdays 10:00 A.M. – 10:45 A.M.
\$77; \$67 Shoreview Resident **Activity # 480102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

ROLLY POLLYS

Ages 4 and 5

Saturdays 11:00 A.M. – 11:45 A.M.
\$77; \$67 Shoreview Resident **Activity # 480103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8

Saturdays 12:00 P.M. – 12:45 P.M.
\$77; \$67 Shoreview Resident **Activity # 480104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.



PRESCHOOL

WIGGLE, JIGGLE, GYM

Ages 3 and 4

Wednesdays, Sept. 22 – Nov. 10 10:00 A.M. – 10:45 A.M.
\$40; \$35 Shoreview Resident **Activity # 480202-01**

Shoreview Community Center– Gym Activity Room

Jump up, jump down. Touch your toes and spin around. This class is a great way to introduce your preschooler to movement. Get energized by skipping, jumping, twisting, listening to fun music, and much more. Space is limited, so register early.



FAMILY FUN GYM TIME

Ages 1 to 5

Wednesdays, Sept. 22 – Nov. 10 11:00 A.M. – 12:00 P.M.
\$35; \$30 Shoreview Resident **Activity # 480201-01**

Shoreview Community Center– Gym Activity Room

Move and groove your way through class with the help of your favorite adult! A great opportunity to introduce your little one to the world of fitness while having fun. Your child will enjoy this unstructured time for play. Adult must participate with child.

WISH UPON A BALLET Mayer Arts

Tuesdays \$59

Ages 3 to 5 9:30 A.M. – 10:15 A.M.

Session I: Sept. 7 – Oct. 19 (7 weeks) . . **Activity # 470202-01**

Session II: Oct. 26 – Dec. 14 (7 weeks, no class Nov. 23)

. **Activity # 470202-02**

Ages 6 to 9 10:30 A.M. – 11:15 A.M.

Session I: Sept. 7 – Oct. 19 (7 weeks) . . **Activity # 470202-03**

Session II: Oct. 26 – Dec. 14 (7 weeks, no class Nov. 23)

. **Activity # 470202-04**

Wednesdays \$59

Ages 3 to 5 6:00 P.M. – 6:45 P.M.

Session I: Sept. 8 – Oct. 20 (7 weeks) . . **Activity # 470202-05**

Session II: Oct. 27 – Dec. 15 (7 weeks, no class Nov. 24)

. **Activity # 470202-06**

Shoreview Community Center – Beachcomber Bay

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.



MUSIC TOGETHER

Our engaging classes offered by Music Together in the Valley® are filled with infants, toddlers, preschoolers and the grownups who love them. You'll move, sing, play rhythm instruments and share 45 minutes of PURE FUN with your child(ren). Families receive CDs and songbooks of the session's song collection so the learning can continue at home. Music Together is an internationally recognized early childhood music and movement program for children from birth to age 5 and an adult. Its classes are based on the recognition that all children are musical. Given a rich, stimulating musical environment during the crucial developmental period of early childhood, all children can learn to sing in tune, keep a beat and participate with confidence and pleasure in the wonderful world of music making. All classes are mixed-age, so siblings can participate together. Infants, eight months or under on the first day of the session are free with a paying sibling. For more information or specific questions about the classes, call or email Clarice Auluck-Wilson, director of Music Together in the Valley at 651-439-4219 or

Clarice@MusicTogetherClasses.com or visit **www.MusicTogetherClasses.com**.

Shoreview Community Center

Rate \$166 first child; \$94 each additional child
8 months and under free (born on or after January 21, 2010)

Mondays, Sept. 20 – Nov. 29 (10 weeks, no class Nov. 22)
..... 9:00 A.M., 10:00 A.M., 5:00 P.M., 6:00 P.M.

Sundays, Sept. 26 – Dec. 5 (10 weeks, no class Nov. 28)
..... 4:00 P.M., 5:00 P.M.

Free Demo Classes

Sunday, Sept. 12 4:00 P.M.
Monday, Sept. 13 9:00 A.M., 10:00 A.M., 6:00 P.M.
Sunday, Sept. 19 5:00 P.M.



KIDDY KEYS



Ages 3 to 6

Thursdays, Sept. 23 – Dec. 9 11:15 A.M. – 12:00 P.M.

No class October 7, and November 25

\$120; \$115 Shoreview Resident **Activity # 470306-01**

Shoreview Community Center

KiddyKeys® is a highly educational program that focuses on teaching piano concepts and music appreciation to children 3 to 6 years old in a small group setting. By appealing to individual learning styles, this program enables children to explore the piano and easily learn music concepts. In addition, kids will experience a variety of musical instruments, learn about the music alphabet, composers, improve hand-eye coordination, sing songs, reinforce listening skills, and develop skills necessary to succeed in school!

All classes are mixed age levels and do not require parent participation. Class sizes are limited. For additional information, please contact Kyle at 651-357-3793 or kylewitherow@kiddykeys.com



NEW! THE PRINCESS AND THE FROG MUSICAL THEATER CLASS

Ages 3 to 6

Saturdays, Sept 18 – Dec 18 3:30 P.M. – 4:15 P.M.

No class Oct 23 or Nov 27; Show on Dec 18

\$120 **Activity # 470204-01**

Shoreview Community Center – Fitness Studio

Let's go Down to New Orleans! In this preschool musical theater class we will learn songs, dances and lines from The Princess and the Frog and put them together in a show. Please wear comfortable shoes and clothes that are easy to move in. Friends and family are invited to observe a special performance at the end of the session. We're Almost There! Class is taught by an instructor from Mayer Arts – www.mayerarts.com

YOUTH PROGRAMS

SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7

Saturday, September 11 8:00 A.M. – 12:30 P.M.
\$55; \$45 Shoreview Resident **Activity # 450304-01**

Saturday, October 16 8:00 A.M. – 12:30 P.M.
\$55; \$45 Shoreview Resident **Activity # 450304-02**

Saturday, December 4 8:00 A.M. – 12:30 P.M.
\$55; \$45 Shoreview Resident **Activity # 450304-03**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, first aid handbook, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 5 participants to run the class.

CAMP ROCK 2! MUSICAL THEATER

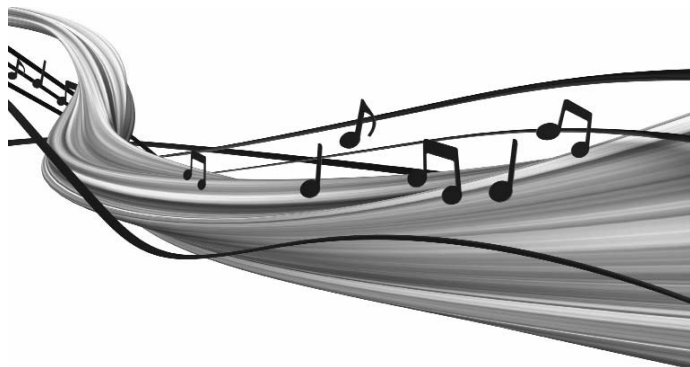
Ages 5 to 7 **Activity # 470203-01**
Saturdays 1:30 P.M. – 2:30 P.M.

Ages 8 to 12 **Activity # 470203-02**
Saturdays 2:30 P.M. – 3:30 P.M.

\$132

Sept 18 – Dec 18; No class Oct 23 or Nov 27, Show on Dec 18
Shoreview Community Center Fitness Studio

Do you ROCK? We had so much fun the first time let's do it again! We will learn music and choreography from Camp Rock 2 and put together a show that we will perform on the last day of class. Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet slippers, or jazz shoes. Friends and family are invited to observe a special performance at the end of the session. Your time is here! For information on Mayer Arts, visit www.mayerarts.com.



KIDS' YOGA

Ages 5 and up

Saturdays, Sept. 18 – Dec. 18 (No class Nov. 27)
..... 10:00 A.M. – 10:45 A.M.
\$50; \$45 Shoreview Resident **Activity # 410245-01**
Studio 1, Shoreview Community Center

Tuesdays, Sept. 14 – Dec. 14 (No class Nov. 23)
..... 3:30 P.M. – 4:15 P.M.
\$50; \$45 Shoreview Resident **Activity # 410245-02**
Studio 2, Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.

CHEER AMERICA

Ages 4 to 16

Thursdays, Sept. 30 – Dec. 16 (11 weeks, no class Nov. 25)
6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)
\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class. **Registration and information session: Sept. 23, 6:00 P.M. – 7:30 P.M.**

SCHOOL'S OUT DISCOVERY CAMPS

Grades K-5

Time 9:00 A.M. – 5:00 P.M.
Before Care 7:00 A.M. – 9:00 A.M.
After Care 5:00 P.M. – 6:00 P.M.
Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

Thursday, October 21 **Activity # 460408-01**
Before/After **Activity # 460408-06**

Friday, October 22 **Activity # 460408-02**
Before/After **Activity # 460408-07**

Monday, November 22 **Activity # 460408-03**
Before/After **Activity # 460408-08**

Tuesday, November 23 **Activity # 460408-04**
Before/After **Activity # 460408-09**

Wednesday, November 24 **Activity # 460408-05**
Before/After **Activity # 460408-10**

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

HOLIDAY DROP AND SHOP

Ages 4 to 10

Saturday, Dec. 4 1:00 P.M. – 4:00 P.M.
\$18; \$15 Shoreview Resident **Activity # 460420-01**

Saturday, Dec. 18 1:00 P.M. – 4:00 P.M.
\$18; \$15 Shoreview Resident **Activity # 460420-02**

Shoreview Community Center – Room 207

Are you having a hard time finding time to get that holiday shopping in without the kids? Look no further! Shoreview Parks and Recreation is offering Saturday afternoons to drop your child off in a safe environment for the afternoon while you get your shopping and errands done. Your child will enjoy an afternoon filled with crafts, games, snacks and many more exciting activities. **Preregistration is required.** Registration deadline is 2 days prior to class.



NEW! KIDS CREATE

Ages 4 to 8

Saturdays, Oct. 9 – Nov. 13 9:30 A.M. – 10:30 A.M.
\$28; \$25 Shoreview Resident **Activity # 470103-01**

Shoreview Community Center

Paper, Scissors, Glue, and Fun! Join us for this great new arts & crafts class where kids can let their creativity flow. We will make a variety of projects that are sure to delight your child. This is a great opportunity for your child to let their inner artist out! Registration deadline is October 4.



KIDS IN THE KITCHEN

Ages 8 to 12

Tuesdays, Sept. 28 – Nov. 9 5:30 P.M. – 7:00 P.M.
\$85; \$75 Shoreview Resident **Activity # 470302-01**

Shoreview Community Center

Come into our Kitchen where kids learn all the basics of cooking...and learn that cooking can be quite creative, full of discovery and a whole lot of fun! You'll also receive your own apron and take home a cookbook full of all the recipes you learn. **Register by September 24.**

NEW! ZZ DANCE & CHEER

ZZ Dance and Cheer brings energy, originality, fabulous choreography, and reasonable prices to the realm of dance studios. Instructors Christina and Nicole Zauhar have been dancing since they were 3 and 2. Combined, they have over 13 years of instructing experience in both dance and cheerleading. They believe that dancing, cheering, and performing should, above all things, be fun!

For class schedules, pricing, and registration information please use one of the following options:

- 1) visit: www.zzdanceandcheer.org
- 2) call: 651-757-0634
- 3) email: zzdanceandcheer@live.com

Class Offerings include:

Dance: We offer multi-level classes in jazz, tap, ballet, lyrical, hip-hop, ballroom, conditioning, and technique. Please click on the "schedule/registration" tab to view class schedules.

Cheer: For more information on Twin Cities Elite All-Star Cheerleading, please visit www.twincitieselite.webs.com.

For more information, email zzdanceandcheer@live.com or call 651-757-0634.

SPECIAL EVENTS

TOUCH-A-TRUCK

All AgesFREE
 Saturday, October 2 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

This is your chance to not only touch, but hop right in the drivers seat of a fire engine, police car, snow plow, or dump truck! Come on out to the Shoreview Community Center and check out all of the city trucks.

KIDS' GARAGE SALE

Kids grade K-5
 Saturday, October 2 9:00 A.M. – 12:00 P.M.
 \$15 per table **Activity # 460415-01**

Shoreview Community Center Pavilion

Calling all kids! Here's your chance to make a little money to use for holiday shopping or to find special gifts at bargain prices. Kids in grades K–5 may rent a table to sell toys, games, books, and sporting goods. Please do not bring food items to sell. Pre-registration is required. Arrive between 8 – 8:30 A.M. to set up your table. Remember to bring money for making change. Parents should assist child as needed. Sale will be held outside at Shoreview Community Center Pavilion.

Kid's Garage Sale is a great volunteer opportunity for a scout group that would like to give to the community by collecting unsold items and donating them to a local charity. Please call 651-490-4764 if you are interested.



HALLOWEEN HOOPLA

Ages 12 and under
 Friday, October 29 6:00 P.M. – 8:00 P.M.
 \$8 per child/\$5 ea add'l sibling **Activity # 460414-01**

Arden Hills City Hall, 1245 W. Hwy 96

Come join in the spooky fun. Win prizes at a carnival, play Ghost Bingo and create Halloween crafts. Enjoy yummy refreshments, win door prizes, trick-or-treating, and much more. Offered in conjunction with Arden Hills Park and Recreation. Space limited. **Register by Friday, October 15. Children must be accompanied by an adult.**

CHARACTER COSTUME BALL

Ages 3 to 8
 Friday, November 19 6:00 P.M. – 7:30 P.M.
 \$10; \$8 Shoreview Resident
 (includes 1 adult and 1 child) **Activity # 460421-01**

Shoreview Community Center

Want to be a princess, superhero, or any other favorite character for a day? Come to our Costume Ball and spend the evening with some of your favorite characters! Wear your favorite Character Costume and bring along your favorite adult to share in a fun evening with some music, crafts, and treats. Make sure to bring your camera! Register by Nov. 9.



LETTER FROM SANTA

\$4 per child **Activity # 160102-01**

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 15. Please register by Friday, December 3.



SKATE WITH SANTA

Saturday, December 11 10:00 A.M. – 11:30 A.M.
\$10 per family **Activity # 160104-01**

Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). There'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 8.**

KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12 Shoreview Community Center
Saturday, December 11 9:00 A.M. – 3:00 P.M.

Are the kids looking for gifts for family members and friends around the Holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Park and Recreation Staff and volunteers, while mom or dad enjoy some cookies and apple cider. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts will range in price from \$0.50 to \$15. The Park and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.

FAMILY NEW YEAR'S EVE PARTY

\$9 youth (ages 1-17) **Activity # 160103-02**
\$7 adults (ages 18 & over) **Activity # 160103-01**
Friday, Dec. 31 6:00 P.M. – 9:00 P.M.

Go on Safari with your family at Shoreview's annual New Year's Eve Party! Guide your way through safari themed rooms for face painting, crafts, and games. As always, adventure awaits in the Tropical Adventure Indoor Playground and Tropics Indoor Waterpark. Zoom down the water slide while enjoying a light and music show. Ring in the New Year with a spectacular balloon drop at 8:45 p.m. Fee includes admission to the waterpark, playground, and all activities. Concessions are available for an additional fee at the Wave Café. Register by December 29th and save! Price is \$10 at the door.



FALL SOCCER & VOLLEYBALL LEAGUES

REGISTER NOW!

Registration for Fall Soccer began this summer. Registration deadline is July 27. Registrations submitted after July 27 deadline will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

Volunteer coaches are needed for Fall Soccer. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). The commitment of coaching includes one practice (coach chooses the night/time) and one game per week. Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

YOUTH FALL SOCCER LEAGUES

Grade levels based on 2010-11 school year (Must be age 4 by October 16, 2010)

Practice: Begin practicing late August; one practice per week; day and time TBD by coach.

Games: Saturday mornings, September 11–October 16

\$52; \$42 Shoreview Resident

\$62; \$52 Shoreview Resident (fee after July 27)

Mini Mites CoRec, 4 Yrs-K Activity # 490208-01
Mites CoRec, Grades 1-2 Activity # 490208-02
Squirts CoRec, Grades 3-4 Activity # 490208-03
Squirts Girls, Grades 3-4 Activity # 490208-04
Pee Wee CoRec, Grades 5-6 Activity # 490208-05
Pee Wee Girls, Grades 5-6 Activity # 490208-06
Bantams CoRec, Grades 7-8 Activity # 490208-07

Recreational league play for children ages four years old to grade 8. Boys and girls will learn the skills, rules, and strategies of the fun and exciting game of soccer. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS

Wednesday, August 11

6:00 P.M. – 7:00 P.M. (Mites, Squirts, Pee Wee & Bantams)

7:15 P.M. – 8:15 P.M. (Mini Mites)

Shoreview Community Center

COACHES CLINIC

Saturday, August 14 1:00 P.M. – 2:00 P.M.

Commons Park Soccer Field (If raining, Comm. Center gym)



IMPORTANT FALL SOCCER INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player; no chain requests will be allowed. All teammate requests must be submitted by July 27. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the July 27 deadline.
- Practice days are chosen by the coach in mid August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week of August 16. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 4 – Feb. 22 Game and practice times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 2:00 P.M.

\$52; \$42 Shoreview Resident

Setters, Grades 4-5 Activity # 190304-01

Spikers, Grades 6-8 Activity # 190304-02

Turtle Lake Elementary

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

Register by December 6 for the Girls Volleyball League. No special friend requests accepted after the deadline.

Volunteer coaches are needed for the Girls Volleyball League. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

COACHES MEETING

Thursday, December 16 6:00 P.M. – 7:00 P.M.
Shoreview Community Center

COACHES CLINIC

Monday, December 20 6:00 P.M. – 7:15 P.M.
Turtle Lake Elementary West Gym

After School Sports

Our After School Sports program offers variety of age appropriate activities with a focus on fun. All classes are for boys and girls, and are held for 6 sessions. Participants should meet in the gym for each class. For more information, please call 651-490-4750.

GAME SAMPLER

Grades 3 to 5 3:30 P.M. – 4:30 P.M.
\$36 per participant

Island Lake Elementary - West Gym

Thursdays, Sept. 30 – Nov. 11 **Activity # 490403-01**
(No Class October 21)

Turtle Lake Elementary - West Gym

Tuesdays, Sept. 28 – Nov. 2 **Activity # 490403-02**

Join us for this opportunity to have fun after school playing your favorite gym and lawn games, including: dodgeball, trench, kickball, ladderball, bean bags and washer toss.

SOCCER

Grades 1 – 3 3:30 P.M. – 4:30 P.M.
\$36 per participant

Island Lake Elementary - West Gym

Wednesdays, Sept. 29 – Nov. 3 **Activity # 490406-01**

Turtle Lake Elementary - West Gym

Mondays, Sept. 27 – Nov. 1 **Activity # 490406-02**

Learn the fundamentals of the fun and exciting game of soccer. Kids will build on their skills each week by participating in a variety of drills and games.

SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
\$36 per participant

Island Lake Elementary - West Gym

Wednesdays, Sept. 29 – Nov. 3 **Activity # 490407-01**

Turtle Lake Elementary - West Gym

Mondays, Sept. 27 – Nov. 1 **Activity # 490407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball, and other gym activities.

WRESTLING

Kindergarten to Grade 5 3:30 P.M. – 4:30 P.M.
\$36 per participant

Island Lake Elementary - West Gym

Tuesdays, Sept. 28 – Nov. 2 **Activity # 490409-01**

Turtle Lake Elementary - West Gym

Wednesdays, Sept. 29 – Nov. 3 **Activity # 490409-02**

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 6 at Mounds View High School. A flyer will be handed out during class with tournament details.



MINI KICKERS CAMP

Ages 3 to 8 \$65; \$60 Shoreview Resident
Shoreview Community Center Gym

Ages 3 to 5

Tuesdays and Thursdays, Oct. 19 – Nov. 4

1:30 P.M. – 2:00 P.M. **Activity# 490801-01**

Or

2:10 P.M. – 2:40 P.M. **Activity# 490801-02**

Ages 6 to 8

Saturdays, Oct. 16 – Nov. 20

1:30 P.M. – 2:00 P.M. **Activity# 490801-03**

Or

2:10 P.M. – 2:40 P.M. **Activity# 490801-04**

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

TENNIS LESSONS

Tennis Lessons

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USA Tennis 1-2-3 fundamentals, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons (Pee Wees meet for 45-minutes). Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

GROUP LESSONS

All group lessons \$54; \$44 Shoreview Resident

PeeWees

Ages 5 to 7

Using USA Tennis 1-2-3 fundamentals, PeeWees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using beach balls, bean bags, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

Junior Beginners

Ages 7 to 9

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

Advanced Beginners

Ages 9 to 12

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.



PRIVATE LESSONS

Five 1-hour Sessions

\$145; \$135 Shoreview Resident

Semi Rate: \$125; \$115 each for two Shoreview Residents

Youth **Activity # 490603-01**

Adult **Activity # 420903-01**

Semi **Activity # 490602-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.

FALL TENNIS LESSON SCHEDULE

All classes at Bobby Theisen Park

EVENING LESSONS

Mondays & Wednesdays, September 13 – 29

Tuesdays & Thursdays, September 14 – 30

Make-up lessons held the week of October 4 if necessary.

Pee Wees Mon & Wed

6:00 P.M. – 6:45 P.M. **Activity # 490606-01**

Junior Beginners Tue & Thu

6:00 P.M. – 6:55 P.M. **Activity # 490607-01**

MORNING LESSONS

Saturdays, September 11 – October 16

Make-up lessons held October 23 and October 30 if necessary.

PeeWees

10:00 A.M. – 10:45 A.M. **Activity # 490606-02**

Junior Beginners

11:00 A.M. – 11:55 A.M. **Activity # 490607-02**

Advanced Beginners

12:00 P.M. – 12:55 P.M. **Activity # 490608-01**



Golf

Start your fall by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 7 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

THE BASICS OF GOLF

Ages 16 to Adult

\$79; \$69 Shoreview Resident

Thursdays, 5:30 P.M. – 6:30 P.M.

August 19, 26, and Sept. 2 **Activity # 420601-01**
Make-up lesson held September 9 if necessary.

This beginner course introduces you to the fundamentals of the pre-swing, full swing, putting and chipping with a strong emphasis on how to practice effectively. These 3- session hour-long lessons will have two goals, to have fun and learn golf for long-term enjoyment.

JUNIORS – GETTING IT RIGHT THE FIRST TIME!

Ages 7 to 15

\$69; \$59 Shoreview Resident

Thursdays, 4:30 P.M. – 5:15 P.M.

August 19, 26, and Sept. 2 **Activity # 490701-01**
Make-up lesson held September 9 if necessary.

These lessons are perfect for the whole family. Juniors can play free mini-golf while mom and dad are in lessons. Parents registered for golf lessons can play mini-golf while their child is in lessons!



Questionable Weather:

Please contact our Pro Shop at 651-787- 0383 to see the status of your lesson.

ICE SKATING

RECREATIONAL ICE SKATING INSTRUCTION



FALL 2010 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 23 – December 4 (7 week session)

\$77; \$67 Shoreview Resident (Snowplow Sam to Level 6)

\$117; \$112 Shoreview Resident (Pre-snowplow)

Rate for Private Lessons

\$157; \$147 Shoreview Resident

Rate for Semi-Private Lessons

\$117; \$112 Shoreview Resident for two participants of equivalent ability (must register two individuals at same time)

The Shoreview Arena, 96 and Victoria

PRESKILLS

Pre-snowplow

Beginning skating class for 4-8 year old participants that are unable to stand on the ice with out assistance from an adult. This class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques. All participants must wear a helmet while on the ice.

Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year olds. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. This class is for beginning skaters with no previous skating experience. Participants must be able to stand on ice skates without assistance.

BASIC

Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking.

Level 4

Teaches forward edges, forward crossovers & backward glides.

Level 5

Works on backward edges, back crossovers, forward three turns and hockey stop. Figure skates are highly recommended for this class.

Level 6

Includes forward mohawk, combination movements, and backward inside three turns. Figure skates are highly recommended for this class.

Helpful Tips for Skaters: Lace skates more snugly in the middle of the shoe than at the top or bottom for best support. Skates should fit correctly—don't use skates that are too big. Keep the blades sharp. Wear one pair of light-weight wool or synthetic socks. Cotton socks are not suitable for skating. If a child does not meet the basic requirements of the level registered for, it is at the discretion of the instructor to adjust the child's level.

Helmets: For safety, all participants in Snowplow Sam, Readiness Level 1, and Readiness Level 2 are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

PRIVATE & SEMI-PRIVATE LESSONS

Personalized, high-quality skating instruction for all ages that want to improve their skating ability. This program offers one-on-one skating instruction for the casual or competitive skater. Note: Private lessons only last 30 minutes. Semi-private classes must have a minimum of two people registered to be held.

SPECIALIZED CLASSES

Free Style

Includes entry-level free style movements. Develops forward inside pivot, two-foot spin, waltz jump, footwork, straight-line spiral, and more. Figure Skates required for this class.

Adult

This class will benefit all skill levels. Participants will be challenged based on their individual skills, ranging from the basics of skating, including forward and backward gliding and stroking, turning and stopping to more advanced skills, including the use of inside and outside edges, crossovers, and combined movements to increase ice-skating pleasure. Class is tailored to meet participants needs.

FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	470407-01
	Level 1	470401-01
	Freestyle	470408-01
10:00 A.M. – 10:35 A.M.	Snowplow	470407-02
	Level 2	470402-01
	Level 3	470403-01
10:45 A.M. – 11:20 A.M.	Snowplow	470407-03
	Level 2	470402-02
	Level 3	470403-02
11:25 A.M. – 12:00 P.M.	Level 1	470407-02
	Level 4	470404-01
	Level 5	470405-01
	Level 6	470406-01
12:05-12:35 P.M.	Pre-Snowplow	470412-01
	Adult	470409-01
	Private	470410-01
	Private	470410-02
	Semi-private	470411-01
	Semi-private	470411-02

SWEETROLL SKATE PARK

The SweetRoll is a tier-one skating facility, located on the north side of the Shoreview Community Center, 4580 Victoria Street North, adjacent to the paved trail that runs under Highway 96. This allows access to the SweetRoll via the City of Shoreview's 41 miles of paved trails. The attractions include a wedge, a spine, a fun box, a quarter pipe, grind rails, and a mini ramp. The Skate Park will be open for inline skaters and skateboarders during the times listed below.

Park Hours

Monday–Friday

3:30 P.M. – 8:00 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

Saturday

9:00 A.M. – 7:30 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

Sunday

9:00 A.M. – 5:30 P.M. School Year & Summer

Hours subject to change.

Rules

- Bicycles and scooters are not permitted on the skate park.
- For your safety, helmets, knee and elbow pads, wrist supports, proper shoes, and other personal protection equipment should be worn.
- Tobacco, alcohol, and illegal use of drugs are prohibited.
- Profanity, loud music, and disruptive behavior are not allowed.
- Respect others; share the space.
- Keep the park clean—dispose of all trash in the proper containers.
- Skating privileges may be revoked for failure to follow the rules.

SHOREVIEW TEEN ADVISORY COUNCIL – STAC

Calling 12 to 16 year olds that are looking for an opportunity for their voice to be heard and to make a difference in the city of Shoreview! Join Shoreview's Teen Advisory Council. This new council will work together to address the needs of the teens in the community and plan a variety of activities that will bring those teens together. For more information and an application call Becky at 651-490-4764 or email at rsola@shoreviewmn.gov.

MIDDLE SCHOOL MANIA

Grades 6 to 8

Fridays, Sept. 17, Oct. 15, Nov. 19 & Dec. 17

\$6 in advance; \$8 at the door 7:00 P.M. – 10:00 P.M.

Sept. 17 **Activity # 470618-01**

Oct. 15 **Activity # 470618-02**

Nov. 19 **Activity # 470618-03**

Dec. 17 **Activity # 470618-04**

Shoreview Community Center

Are you and your friends looking for something fun to do on Friday nights? Come and check out Teen nights at the Shoreview Community Center! Theme nights include swimming, gaming, dodgeball, food and more! Bring all your friends! See you at the door!

TEEN PHOTOGRAPHY

Ages 12 to 15

Tuesdays, Sept. 28 – Nov. 9 6:00 P.M. – 7:00 P.M.

Rate \$45 **Activity # 470615-01**

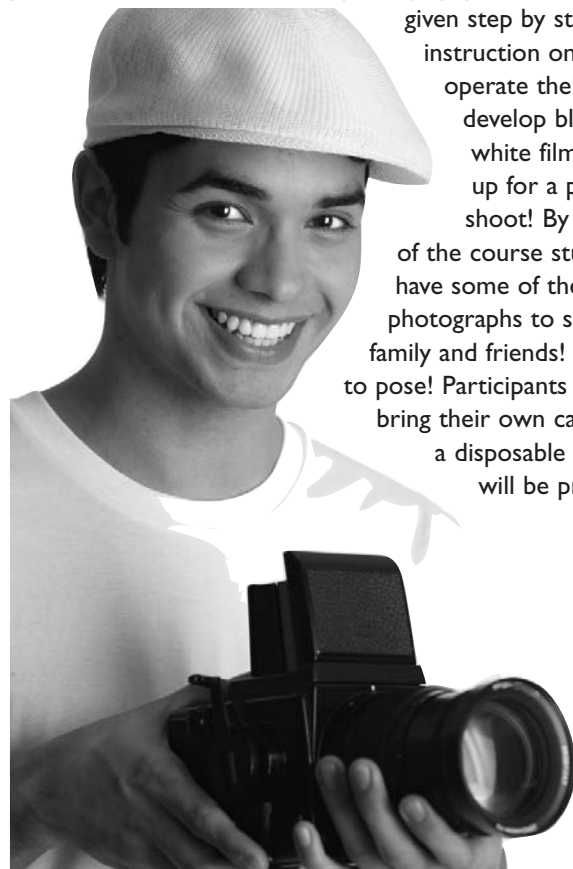
Arden Hills City Hall

Do you like taking pictures of things you see on a daily basis? Do you love the feeling of the camera being your eyes to the world? Make your photographs show a new perspective as you learn the fundamentals of photography! Teens will be

given step by step

instruction on how to operate their camera, develop black and white film, and set up for a photo shoot! By the end

of the course students will have some of their best photographs to show off to family and friends! Get ready to pose! Participants should bring their own camera or a disposable camera will be provided.



ADULT SPORTS

League Registration

Players and teams interested in participating in one of Shoreview's sports leagues should call the Parks and Recreation Office at 651-490-4753 to request registration information.

MEN'S 5-ON-5 OFFICIATED BASKETBALL LEAGUE

Monday evenings, starting November 29

\$545 per team

Men's B **Activity # 420101-01**

Island Lake Elementary Gym

Teams play 11 officiated games and playoffs for the top finishers. Call 651-490-4753 for additional information. **Registration deadline is Friday, November 12 or until league is full.**

ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Beginning September 15

*Gym closed on Wednesdays: Nov. 24, Dec. 29.

*Gym closed on Saturdays: Oct. 23, Nov. 27 and Dec. 25.

\$5 per person; pay at door

Wednesdays 6:30 P.M. – 9:00 P.M.

Saturdays 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more information.

BROOMBALL LEAGUES

Games begin Sunday, December 12 (weather permitting)

\$330 per team

CoRec D Sunday evenings **Activity # 120301-01**

Men's D Monday evenings **Activity # 120301-02**

Shoreview Broomball Rink

Teams play 7 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Monday, November 29 or until league is full.**

DODGEBALL LEAGUE

Ages 16 and up

Wednesday evenings, starting September 22

\$150 per team **Activity # 420401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff.

Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Friday, September 10 or until league is full.**

COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting Aug. 23 6:00 P.M. or 7:00 P.M.

\$100 per team **Activity # 420701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are self officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of Aug. 16. **Registration deadline is Monday, Aug. 9 or until league is full.**



FREE! ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. No sign up or partners required

Bridge

Thursdays at 12:30 P.M. No sign up or partners required

Bingo

With prizes! Last Wednesday of the month (Sept. 29, Oct. 27, Nov. 24) at 1:00 P.M. (\$0.25 per card-no min/max cards)

American Hand and Foot

Wednesdays, Sept. 1 – Nov. 24. 1:00 P.M. – 3:00 P.M.

TURKEY BINGO

Wednesday, Nov. 24. 1:00 P.M. – 2:00 P.M.
\$.25 per card

Win a gift certificate for a 10 pound turkey for Thanksgiving!



500 TOURNAMENT & LUNCH

Thursday, September 16 10:00 A.M. – 4:30 P.M.
\$18 per player **Activity # 400501-01**

Shoreview Community Center – Community Room

Join our Shoreview 500 club for their 8th annual 500 Tournament and lunch! Fee includes all tournament costs, lunch and fantastic door prizes! Cash prizes awarded for first through fifth place winners! Pre-register through the Parks and Recreation department by September 10th. Each individual participants will be required to submit address, phone and birth date information upon registering. Limited tables available! This event will surely fill up to over 132 players! **MUST REGISTER WITH A PARTNER.**

TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, Sept. 20, Oct. 18 and Nov. 15 from 9–10 A.M.** in our Fireside Lounge.

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.

All classes held at Shoreview Community Center

8 Hour Evening Courses

AARP Member Rate: \$20; Non-Member Rate: \$22
5:30 P.M. – 9:30 P.M.

Nov. 3 & 4 (Wed & Thurs) **Activity # 450204-01**

4 Hour Evening Courses

AARP Member Rate: \$16; Non-Member Rate: \$18
5:30 P.M. – 9:30 P.M.

Oct. 6 (Wed) **Activity # 450202-01**

Nov. 18 (Thurs) **Activity # 450202-02**

8 Hour Day Courses

AARP Member Rate: \$20; Non-Member Rate: \$22
9:00 A.M. – 1:00 P.M.

Sept. 27 & 28 (Mon & Tues) **Activity # 450203-01**

4 Hour Day Courses

AARP Member Rate: \$16; Non-Member Rate: \$18
9:00 A.M. – 1:00 P.M.

Sept. 9 (Thurs) **Activity # 450201-01**

SENIOR CINEMA

1st Friday/Month, Sept. 3, Oct. 1, Nov. 5
1:00 P.M. – 3:00 P.M.

(Free will donation for refreshments)

Shoreview Community Center – Council Chambers

Check the Shoreliner newsletter for more details and movie title or by calling Lesley at 651-490-4734 the Monday prior to showing.



ADULT ACTIVITIES



FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on page 33.

ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.
Sundays 8:00 A.M. – Noon
Community Center Daily Admission Fee

Drop in for recreational pick-up matches arranged by the players.

VACCINATION CLINIC

October 25 1:00 P.M. – 3:00 P.M.
\$26/Flu, \$32/Flu Mist and \$57/Pneumonia (FREE with Medicare Part B)

Shoreview Community Center

The Visiting Nurse Agency will be offering vaccinations for flu and pneumonia. Bring your Medicare Part B, and other insurance card, and any voucher you may receive to the clinic with you. Also, bring a list of current prescription medications and dosages. Participants must be 4 years and older to receive shots. Shots are limited to the first 100 customers.

FRENCH IN THE KITCHEN

Wednesdays, October 6 – 27 10:00 A.M. – 11:00 A.M.
\$25 per participant. **Activity # 400214-01**

Shoreview Community Center

Pick up plenty of French while learning how to read or write a French menu and French recipes, the names of various food products and kitchen/dining room appointments. We'll learn to make some French dishes and also include the numerous and sometimes hilarious mistakes you will find on menus in the USA!

BRUNCH WITH BRENDA

Friday, October 15 10:00 A.M. – 12:00 P.M.
\$10 per participant. **Activity # 400507-01**

Shoreview Community Center

Join Chef Brenda as she shows you the way around the kitchen using all the latest kitchen tools while she prepares a delicious Brunch for you! She will supply you with recipes and tricks of cooking easy for just one or two people and ready in 30 minutes or less! We will also feature live musical entertainment for your dining pleasure! Bring your own special plate and silverware!

SOAP MAKING

Wednesday, August 25 6:00 P.M. – 9:00 P.M.
\$30 per participant. **Activity # 400213-01**

Shoreview Community Center/Room 207

Fun and easy soap making for ages 12 and up! Learn how to create your own beautiful soaps for yourself or gifts for others! Mix essential plant oils into the soap and create 6 wonderful soaps to take home at the end of the evening! You will receive handouts on suggestions of the many different sources for soap making, supplies molds and how to creatively package your soaps for gifts!

WRITING CLUB

Tuesdays, Sept. 7 – Nov. 30 10:00 A.M. – 11:00 A.M.
\$20 per participant. **Activity # 400207-01**

Shoreview Community Center

This fun writing class is designed for the creative writer! If you like to write about your grandchildren, sports, memoirs, poetry, essays or even short stories this class is for you! This class will be led each week by a different participant in the class and will assign the group a challenge for the week!



HEALTH LITERACY

Thursdays, Sept. 2 – Oct. 7 10:00 A.M. – 11:00 A.M.
\$15 per participant. **Activity # 400405-01**

Shoreview Community Center

Would you like the ability to better understand what your physicians are talking about when they discuss your health? Medical evaluations tend to be highly technical and physicians seldom have the time to explain. It's YOUR health, YOUR body, and YOUR life, but you may not be in a position to discuss or even fully understand some of the issues that concern you the most. This class is an introduction to medical terminology to help you understand your medical conditions and carry on a more informed dialogue with your health care professionals.

Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 50+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

Interested in joining?

Send \$10 for 2010 annual dues to:

Bev Stilwell, Treasurer
500 W Cty Road J
Shoreview, MN 55126

Shoreliner Newsletter

If you are interested in receiving our newsletter with program and event information, call Lesley at 651-490-4734 to have your name put on our mailing list.

UNDER OUR SKIN SCREENING

Tuesday, September 21 6:00 P.M. – 9:00 P.M.
\$10 per participant. **Activity # 400506-01**

Shoreview Community Center/Council Chambers

The Shoreview Parks and Recreation Department is honored and pleased to have Dr. Elizabeth Maloney join us to discuss important details about Lyme disease. Her presentation will begin with the powerful award-winning documentary Under Our Skin that lasts 90 minutes (to view the trailer of the movie – go to openeyepictures.com). After the movie, Dr. Maloney will host a session to answer any questions about the disease, symptoms, medications, insurance coverage, treatment options, etc. Brochures, tick removers and a wealth of information will be available at this one time showing. If you want to know more about the potentially debilitating effects of Lyme, learn preventative measures to protect yourself or discover how to know if someone has Lyme, this is the perfect opportunity to learn and react! The opportunity to meet Dr. Maloney and view this movie is in popular demand and surely not to be missed. Large attendance expected. Register early to reserve a seat!

SHORELINERS

Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

2010 Shoreliner Calendar

Detailed information on these events will appear in future issues of the Shoreliner Newsletter. The dates of these events are tentative depending on the availability of tickets, show times and transportation. These events are subject to change. Registered Shoreliners have priority in registering for these events. General public and guests of registered Shoreliners are able to attend for a slightly higher fee. To belong to the Shoreliner Club one does not need to be a Shoreview resident.

August 18	Running Aces Harness Track/Dinner
September 22	See Shoreliner Newsletter
October 5	Science Museum – The Dead Sea Scroll
November 16	Casino
December 21	Holiday Luncheon
January 18	2011 Planning Meeting & Entertainment

THE ADAPTIVE RECREATION CLUB

The Adaptive Recreation Club is a joint effort between the Parks and Recreation Departments of Arden Hills, Mounds View, New Brighton, Shoreview, Vadnais Heights, and School District #621.

The club is designed primarily for teens, ages 13 and up, who have mild mental and/or physical handicaps and are receiving special educational service through School District #621. The program meets twice a month (for a total of 8 times). The teen club meets on Friday nights from 7–9 P.M. and provides a variety of indoor and outdoor recreational and social activities such as sport night, hayrides, field trips and movie nights. The fall session runs September through December. The spring session runs January through May. Instructor ratio is 1 to 6. For program and fee information, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.



NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651-486-3808.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

MEMORIAL BLOODMOBILE BLOOD DRIVE

September 13 4:00 P.M. to 7:00 P.M.
Shoreview Community Center/upper parking lot

MBC needs to collect blood from at least 2,400 donors every week to meet the needs of the local Minnesota hospitals they serve. 90% of people will need a transfusion for themselves or an immediate family member at some point in their life and often the need is unexpected. Less than 5% donate regularly and almost 50% have done it only once. Call Lesley at 651-490-4734 to donate today!

FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-490-4770.



ATHLETIC ASSOCIATIONS

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Assoc.
www.geocities.com/ibl_baseball/

Mounds View Basketball Assoc.
 Hotline: 651-631-1943
www.moundsviewbasketball.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Irondale Youth Hockey Association
www.iyhaleague.org

Irondale Girls Fastpitch
www.knightsfastpitch.org

Mounds View Hockey Assoc.
www.mvhockey.org

North Suburban Soccer Assoc.
www.nssasoccer.org

Mounds View Softball Assoc.
www.mvsafastpitch.org

Mounds View Rugby Club
 Hotline: 612-656-0518
www.moundsviewrugbyclub.com

Iron Mustang Wrestling
 612-590-2114
www.ironwrestling.com

North Suburban Aquatic Club
www.nsmakos.org

Roseville Area Youth Hockey
www.rosevillehockey.org
 612-817-5159

JOBS THAT FIT YOUR LIFESTYLE!

Part-Time • Flexible Hours • Fun People

FREE
Community Center
Membership!

After School Sports Instructors

Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. A great job for a PE major! Weekday afternoons approximately 3:00 - 5:30 pm; 5-10 hrs/wk. Sept - May. \$9 - \$11/hr.

Child Care Attendants

Provide care for children ages 6 months to 12 years in our drop-off childcare center located in the Shoreview Community Center. Experience working with pre-schoolers preferred. Mon - Sat. 8:30 am - 12:30 pm. Evening hours: 4 - 8 pm. \$7.50 - \$8.75/hr.

Concession Attendants (Wave Cafe)

Prepare food orders, operate cash register, clean work and eating areas, stock supplies. \$7.75 - \$8/hr.

Dodgeball Officials

Dodgeball officials needed to officiate 3 - 4 games per night from 6 - 9 pm. Games are held at Turtle Lake School. Previous officiating or playing exp. pref. Sept - May. \$8 - \$10/game.

Fitness Instructors

Adult step, high-low impact, cardio-kick, strength training, water ex and dance-based fitness classes. Certification pref. Morning, afternoon and evening hours available.

Gymnastics Instructors

Teach beginning to intermediate level classes. Previous teaching, gymnastics experience and knowledge are preferred. \$8 - \$9/hr. Saturday hours available.

Gym Supervisors

Supervise adult drop-in basketball. Interest in basketball and an ability to work with people desired. Wed. evening and Saturday morning hours available. Sept - May. \$10 - \$11/hr.

Lifeguards (we will train Ellis Certification)

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon and evening hrs. Current certifications or we will train (must be able to swim 200 yards). \$8 - \$10/hr.

Ice Skating Instructors

Instruct youth in ice skating. Skating knowledge and exp. required. Previous teaching exp. desired. 2 - 4 hours Saturday mornings. Oct - Feb. \$10 - \$11/hr. depending on qualif.

Personal Trainers

Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, and motivation to fitness participants. Design safe, effective workouts and work on general health, sports specific conditioning, and general rehabilitation. Nat'l training certification and/or exercise science/health degree desired. \$17 - \$21/hr.

Preschool Instructor

Plan and teach a creative recreation preschool program. Help children explore the areas of art, music, dramatic play, physical fitness and literature as they develop their cognitive skills, including language and problem solving abilities. Degree in Elementary Ed. with preschool curriculum experience preferred. Approx. 25-30 hrs/week. Sept - May. \$12 - \$15/hr.

Red Cross Lifeguarding Instructor

Teach others to become Red Cross certified lifeguards and Red Cross First Aid/CPR certified through our recreation program offerings. Red Cross Lifeguarding Instructor Certification required. One-two classes per season. \$13/hr.

Service Desk

Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions when needed. \$7.75 - \$9/hr.

Special Event Staff

Supervise and lead special events, such as Egg Hunt, Kids Garage Sale, Halloween Hoopla, New Years Eve Party, field trips, Parents Night Out. Other duties include decorating & clean up. \$8 - \$10/hr. Hours are varied for each event.

Swimming Instructors (WSI & Other)

Instructors needed for morning, afternoon & evening lessons at the Community Center and Chippewa Middle School pools. Current cert required. \$8 - \$12/class (30-40 min. classes).

Tennis Instructor
















































































Instruct youth and adults in beginning & advanced tennis classes. Previous teaching experience along with playing experience required. Weekday evenings & Saturday mornings. \$10.50-\$12.50/hr. depending on qualif.






















Youth Soccer Officials

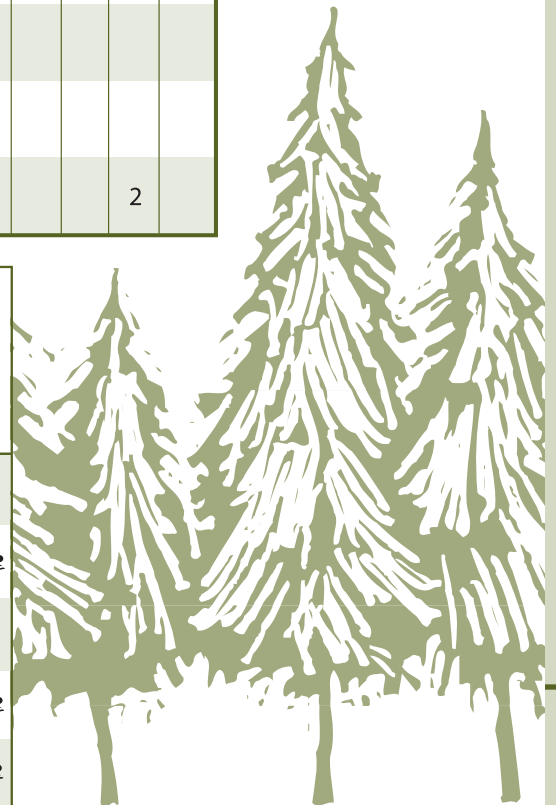
Officiate youth soccer games. Previous officiating or soccer playing experience preferred. 1-3 games each Saturday morning, Sept - Oct. \$12 - \$15/game.



RECREATION AREAS

Shoreview Recreation Areas  Web Page: www.shoreviewmn.gov	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1										1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1										1		2	
Chippewa Middle School 5000 Hodgson Rd		3											2		5	
Emmet Williams Elem. School 955 Cty Rd D—Between Lex. & Cty Rd D		2														
Island Lake Elem. School 3555 N. Victoria—Victoria & Cty Rd E		2														
Lake Judy Park 900 Tillerun – Arboast & Richmond	5		1/2													
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1					 With grill					1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1							 Table only								
Rice Creek Fields 5880 Rice Creek Parkway	10	4														
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1					 With grill					1		2	
Shoreview Commons and Community Center 4650 North Victoria	40	2	1					 With grill					1		2	
Sitzer Park 4344 Hodgson	8	2	1					 With grill							2	
Snail Lake Elementary School Highways 49 and 96		2														
Turtle Lake Elementary School Country Road I & Lexington		2														
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1					 Tables Only With grill							2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. www.co.Ramsey.mn.us	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
Island Lake County Park 3611 Victoria Street	167											
Lake Owasso County Park 370 N. Owasso Blvd.	9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400											
Turtle Lake County Park 4979 Hodgson Road	9											





Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126
Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website www.shoreviewmn.gov

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE)

FIRST

HOME PHONE (AREA CODE)

ADDRESS

CITY

ZIP

WORK PHONE (AREA CODE)

E-MAIL ADDRESS

EMERGENCY CONTACT NAME

PHONE (AREA CODE)

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee

REFUND POLICY Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.

Total Amount Enclosed \$

CONFIRMATION Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member? ☐ Yes ☐ No

Have you registered for classes here before? ☐ Yes ☐ No

Have you moved recently? ☐ Yes ☐ No

Please include your Client ID# (if you know it): _____

YOUTH SPORTS LEAGUES

Special Requests for Teammates are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

I would like to coach _____

Name of teammate request _____

School child attends _____

Grade _____

T-Shirt Size _____

PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash ☐ Check # _____ ☐ Credit Card:



Checks payable to City of Shoreview.

Card # _____ Exp. Date _____

Signature _____

☐ Billing address is different from above (Please include billing address)

To better serve our participants, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

WAIVER FOR PARTICIPANT In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

Signature: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

Fall Registration Schedule

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, July 27

On-line registration for residents begins at 8:00 a.m.

Tuesday, August 3

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

Annual Community Center Member Registration

Tuesday, August 3

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, August 5

On-line registration begins at 8:00 a.m.

Tuesday, August 10

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

Register Early!

Space is limited in most activities.

Registration Information

For registration forms, see pages 62.

- Drop-off points include:
 - The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - The Shoreview Community Center Service Desk, (for hours, see page 18)
 - The after-hours payment box, to left of front door of City Hall.
- Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
- A resident is defined as an individual whose legal residential address is within the City of Shoreview.
- Activity fees may not be pro-rated.
- Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
- Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. See page 27 for complete details on on-line access. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
- The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
- Refunds may be issued when requested 5 working days before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
- Financial aid for qualifying residents with financial limitations is available.
- Voice/TDD: 651-490-4750.
- Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

EASY 5 WAYS TO REGISTER

- On-line payment by Visa & MasterCard only
- Mail-in
- Fax 651-490-4797 payment by credit card only
- Drop-off
- In-person





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Shoreview Farmers' Market

Tuesdays, Now through October 5 ... 3:00 P.M. – 7:00 P.M.
October 12 & 19 3:00 P.M. – 6:00 P.M.

Shoreview Community Center, Parking Lot
4580 Victoria Street North

The market is a weekly summer event that brings the community together featuring local fresh produce, hand-crafted artisan items, live entertainment and activities for all ages and much more!

Community Table

A community space is available to charity and non-profit organizations at no cost, for fund-raising, promotional and educational purposes. For More Information contact Lesley Young, Market Manager at 651-490-4734 or lyoung@shoreviewmn.gov.

Market Manager's Information Booth

Located at the East entrance, pick up information on the market or any Park and Recreation program, ask questions, sign up for the weekly basket giveaway or give feedback/ suggestions.

Special Events

August 3 Puppets, Pies and Prizes

This market is for the kids! Join us in the market from 4:00 P.M. – 5:00 P.M. for a puppet show from our puppet wagon, enjoy a piece of pie, face painting, games and much more!

September 21 Hot Stuff Salsa Contest

Back by popular demand! Enter our popular salsa competition. Winners receive a bountiful baskets stuffed with ingredients to make great salsa. Drop off your salsa at the market manager's table by 4:00 P.M. Mark your salsa MILD/MEDIUM/HOT/FIRE Judging will be at 5:00 P.M. Live entertainment.

October 19 Harvest Festival

October is the best month to stock up your pumpkins, gourds and fall vegetables! Join us in celebrating the last day of the market with a tasty autumn treat.



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

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St. Paul, MN
Permit No. 5606

Shoreview Community Center's **20th Anniversary** *Celebration!*



1990



2010

November
5th - 6th
2010

Shoreview
Community Center

**Tropics Waterpark
& Fitness Center**

WATCH FOR DETAILS THIS FALL:

WWW.SHOREVIEWCOMMUNITYCENTER.COM